OCTOBER
25 CENTS

Are Operations Ever Necessary? See page 49

Physical Culture

Five Minutes
Of Exercise For
The Busy Man

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You can not tell how much Renulife Violet Ray will do for you unless you try this marvelous treatment. You can do it—our 10 Day Free Trial Offer enables you to put this method for regaining health and beauty to a thorough test in your own home. If, after this trial, you are not entirely satisfied with the results, return the instrument.

Send in the coupon for full information and our 10 Day Free Trial Plan. This entails no obligation on your part.

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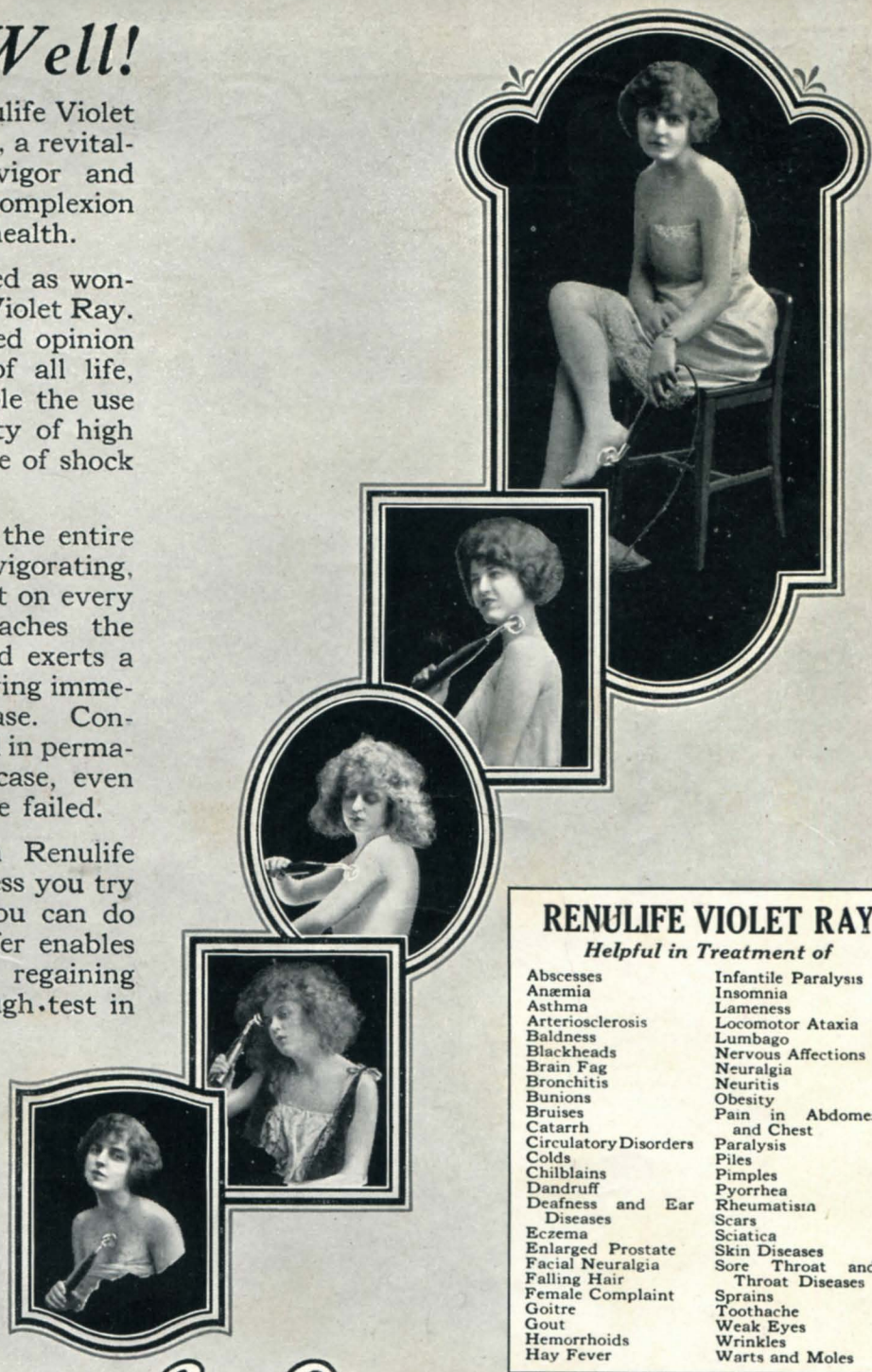

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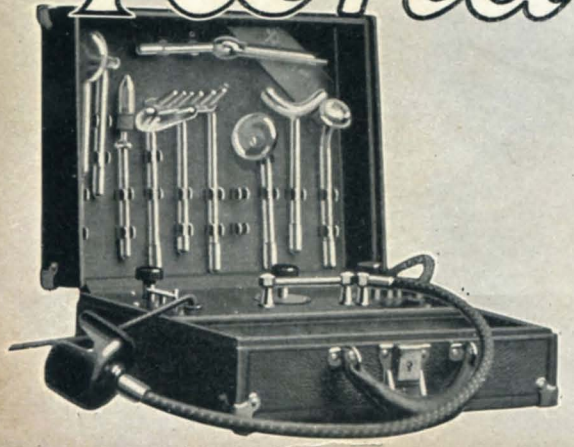
Bronchitis	Neuritis
Bunions	Obesity
Bruises	Pain in Abdomen and Chest
Catarrh	Paralysis
Circulatory Disorders	Piles
Colds	Pimples
Chilblains	Pyorrhea
Dandruff	Rheumatism
Deafness and Ear Diseases	Scars
Eczema	Sciatica
Enlarged Prostate	Skin Diseases
Facial Neuralgia	Sore Throat and Throat Diseases
Falling Hair	Sprains
Female Complaint	Toothache
Goitre	Weak Eyes
Gout	Wrinkles
Hemorrhoids	Warts and Moles
Hay Fever	

Renulife VIOLET RAY



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Gentlemen:—

Please send me full information and your Free Trial Plan. This is to be sent without obligation on my part.

Name.....

Address.....

How to Speak and Write Masterly English

Does your English reveal your lack of education or does it prove that you are a person of culture and refinement? Are you handicapped in your speech and writing or does your command of English rise to meet every occasion and every situation? English is the one weapon you must use every day. Here is how you can improve it almost at once.

MANY people say, "Did you hear from him today?" They *should* say, "Have you heard from him today?" Some people spell calendar "*calender*" or "*calander*." Still others say "between you and I," instead of "between you and me." It is astonishing how many people use "who" for "whom," and mispronounce the simplest words. Few people know whether to spell certain words with one or two "c's" or "m's" or "r's," or with "ie" or "ei," and when to use commas in order to make their meaning absolutely clear. And most people use only common words—colorless, flat, ordinary. Their speech and their letters are lifeless, monotonous, humdrum. Every time they talk or write they show themselves lacking in the essential points of English.

Your English Reveals You

Does your English help or hurt you? Do you write and speak correctly or do your errors reveal and handicap you? Every time you talk, every time you write, you show what you are. When you use the wrong word, when you mispronounce a word, when you punctuate incorrectly, when you use flat, ordinary words, you handicap yourself enormously. Words are the driving, compelling forces in business. Ideals cannot be expressed except in words. An unusual command of English enables you to present your ideas clearly, forcefully, convincingly. Your English is the weapon you use every day to help you improve your business or social position. If it is correct it helps you. If incorrect it hurts you more than you will ever know, for people are too polite to tell you about your mistakes.

Stop Making Mistakes

For five years Mr. Cody worked almost day and night on the study of the problem, "How to make correct habits in speaking and writing stick in your mind." He appealed to school superintendents, and 150 of them placed classes at his disposal for experiment. He appealed to great corporations, and they let their employees be tested so Mr. Cody would know how accurate they really were. He was amazed to discover that the average person in school or in business is only 61% efficient in the vital points of English grammar. After countless experiments Mr. Cody finally invented a simple method by which you can acquire a better command of the English language in only 15 minutes a day. Now you can stop making the mistakes in English which have been hurting you.

Sherwin Cody's Self-Correcting Method

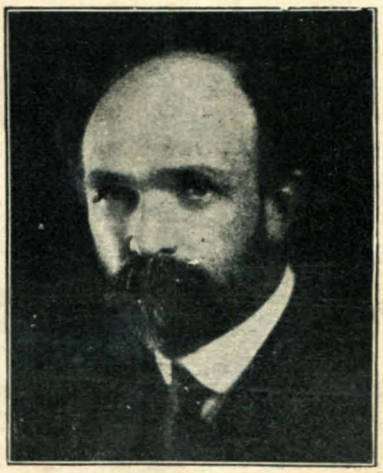
Mr. Cody was granted a patent on his unique device, and now he places it at your disposal. You do the lesson given on any particular page, then you see just how Mr. Cody would correct that paper. You mark your errors and check them in the first blank column. Next week you try that page again, on the second unmarked sheet, correct your errors, and check them in the second column. You see at a glance what you have failed to remember, and at the bottom you compare your average with that of grammar school graduates, high school graduates, and experienced stenographers, until you have reached the 100% point in spelling, punctuation, grammar, and expression.

Learn By Habit, Not By Rules

Mr. Cody has applied scientific principles to teaching the correct use of our language. He made tens of thousands of tests of his various devices before inventing his present method. In all his tests he found that the trouble with old methods is that they do not stick in the mind. Rules are memorized, but correct habits are not formed. Finally the rules themselves are forgotten. The new Sherwin Cody method provides for the formation of correct habits by constantly calling attention to the mistakes you make.

Only 15 Minutes a Day

One of the wonderful things about Mr. Cody's course is the speed with which these habit-forming practice drills can be carried out. You can write the answers to fifty questions in 15 minutes and correct your work in 5 minutes more. The drudgery and work of copying have been ended by Mr. Cody. Moreover, you do not have to go through page after page of material with which you are familiar. You concentrate always *on your mistakes* until it becomes "second nature" to speak and write correctly.



Sherwin Cody

Write For Free Book

A booklet explaining Mr. Cody's remarkable Course in English is ready. If you are ever embarrassed by mistakes in grammar, spelling, pronunciation, or punctuation, if you cannot instantly command the exact words with which to express your ideas, this book will prove a revelation to you.

A polished and effective command of the English language not only denotes education, but it wins friends and impresses favorably those with whom you come in contact. Many men and women spend years in high school and years in college largely to get this key to social and business success. And now a really efficient system of acquiring an unusual command of English is offered to you. Spare time study—15 minutes a day—in your own home will give you power of language that will be worth more than you can realize.

Write for this new free book, "How to Speak and Write Masterly English." Merely mail the coupon or a letter or even a postal card. You can never reach your greatest possibilities until you use correct English. Write today for the free booklet that tells about Mr. Cody's simple invention.

SHERWIN CODY SCHOOL OF ENGLISH
810 Searle Building, Rochester, N. Y.

SHERWIN CODY SCHOOL OF ENGLISH
810 Searle Building, Rochester, N. Y.

Please send me your new Free Book, "How to Speak and Write Masterly English."

Name.....

Address .....

City.....State.....

Physical Culture

Founded By Bernarr Macfadden

Volume XLVIII OCTOBER, 1922 No. 4

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Published Monthly by MACFADDEN PUBLICATIONS, INC.
Entered as Second-Class Matter at the Post Office at New York, N. Y., June 30, 1908, under the Act of Congress of March 3, 1879
Business and Editorial Offices at 113-119 West Fortieth Street, New York
Chicago Office: 166 North Michigan Blvd., C. H. Shattuck, Mgr.
London Agents: Atlas Publishing & Distributing Co., Ltd., 18 Bride Lane, London, E. C., *East Indian Agent:* B. P. Madon, Santa-Cruz, India
Bernarr Macfadden, President Harold A. Wise, Secretary
Price, in the United States, Canada, Bolivia, Colombia, Costa Rica, Dominican Republic, Honduras, Mexico, Nicaragua, Panama, Peru, El Salvador, and Shanghai (China), $3.00 per year. In all other countries, $3.75.

When your subscription expires we place a renewal blank in your final copy. Possibly you may have renewed since we prepared the final number for mailing to you. Should your subscription expire with the present issue, your renewal should reach us before the first of October to insure against missing the November number. It requires one month to file subscriptions and address magazines to new subscribers. Subscribers may send money by check, postal or express money order, or registered letter. In notifying us of change of address, please give old as well as new address. If your subscription is a renewal, please state this fact in your order so as to insure that your subscription will be properly extended on our records.

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The Sure Road to Wealth and Health

You will find it in a pecan orchard

A typical tree in these established pecan orchards, 2 years old, January 1923.

George W. Fisher, owner of 15 units on our other plantations, wrote when buying 6 additional units of these established orchards, **"The more a man knows about farming and orchards the better will he appreciate the skilful way in which your experts have handled and developed these large pecan plantations."**

Such prominent physicians and eminent food authorities as Dr. J. H. Kellogg, of Battle Creek, recommend pecans as a highly nutritious and healthful food. When you consider the increasing productiveness of the pecan tree over many years, its long life, the high prices which the pecan brings in the market, you will see the wisdom of investing in a pecan orchard.

"The longevity of the pecan orchard and its immense earning power make it one of the most profitable and permanent of agricultural investments," says Luther Burbank, the Edison of Agriculture.

"We are building an industry which for generations should yield its bountiful crops of delicious food and bring millions of dollars to our citizens," says page 1101, Vol. 54 of the United States Congressional Record.

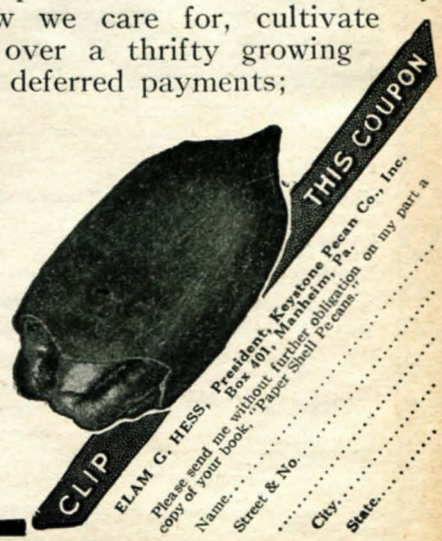
Our Free Book, "Paper Shell Pecans"

tells how you can plant your money in

Established Certified Pecan Orchards 2 Years Old, January 1923

—orchards which will hasten by two whole years your profitable crops of pecans. Orchards of thrifty established trees, planted in the fertile soil of our Lee County plantation, which is famous far and wide for great productivity. Explains how we have cleared your acreage, planted it with 20 sturdy paper shell pecan trees of the finest standard varieties, how we care for, cultivate and fertilize your trees, assuming all responsibility for turning over a thrifty growing orchard. Shows how you pay for each acre-orchard unit on easy deferred payments; explains the plan by which your units are full paid in case of death.

Prompt action is necessary if you are to secure units in this limited planting of established pecan orchards—gaining two whole years in bringing your crops to market. **Send coupon for that book, TODAY.**



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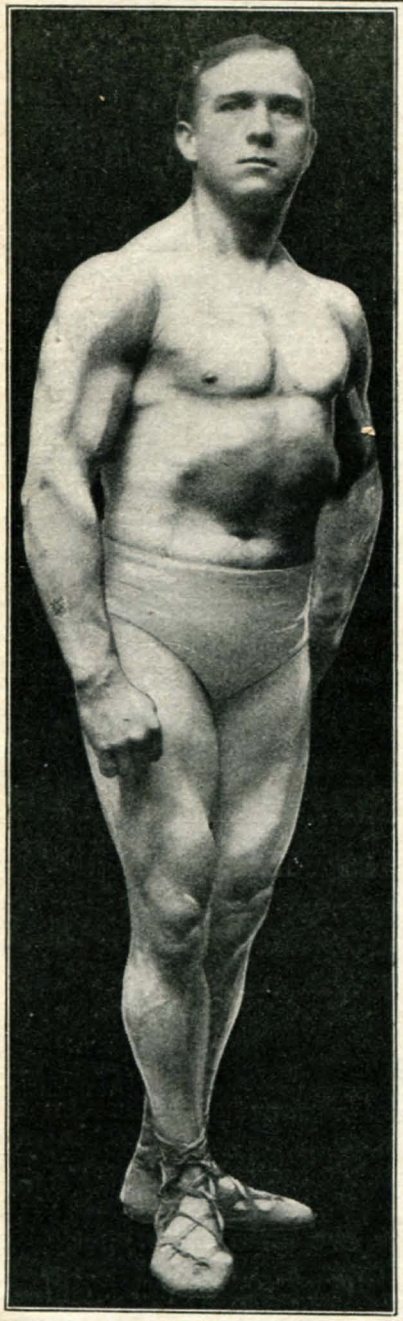
Your Physical Weakness is a Crime



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Dr. Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

How have you cared for your body? Have you prized it as a sacred responsibilty—as your most precious possession? Have you kept it clean and wholesome, externally and internally, free from taints and weaknesses of abuse and neglect. Are you proud of your physique? Are you a **real** man in the fullest sense of the word?

Or are you a weak ailing creature—one of the thousands who are leading wretched lives—tainted, diseased, a failure in the home—in business—in society? Stop and answer these questions frankly and honestly.

Slipping Back—to the Old Habits

Instead of being in the pink of condition and getting the joy out of life as you ought to be, you may be one of those whose dissipations and excesses, etc., have weakened you so that you are degenerating, slipping back into your old, wicked habits again and have become a wretched human being, shunning society and being shunned—getting old long before your time—slinking through life, dejected, discouraged, diseased, hopeless.

Get a Grip on Yourself

If you are one of these victims, let me caution you to call a halt now to this slow suicide. Don't delude yourself with dope and drugs. Day by day you will step farther and farther into the chasm from which there will be less and less hope of rescue. It looks dark and gloomy to you—but cheer up—if you truly desire to win back your health and vigor—if you long to be clean, wholesome and a **real** man—I want to help you—I can help you with

STRONGFORTISM

The Modern Science of Health Promotion

Through my scientific methods I extend a helping hand to all who are in the frightful grip of disease, drugs and dope. Strongfortism reclaims human wreckage. If you feel down and out, it will brace you up, fill you with renewed life and energy, put pep into you and restore your confidence and manhood. It is not an ordinary physical culture course that I give you, but a unique system of individual assistance, which gives permanent health to any one who follows my simple directions. I give you personal attention, pointing out to you the surest, speediest way of recovering. No one need know you are following my methods—all your friends will be astonished at the improvement that has come over you immediately after you begin following my instructions.

I'll Be a Brother To You

Don't be afraid to write me in full confidence as you would to a brother. Everything you tell me will be held in the strictest confidence. I will understand. I know human nature and I know the applications of Natural Law that will free you from the misery of bad habits and excesses. Your success with Strongfortism is guaranteed irrespective of your age, sex, occupation or surroundings.

Send for My Free Book

"Promotion and Conservation of Health, Strength and Mental Energy" will bring you a message of hope and good cheer that will mean more to you than anything else in all your life. It's absolutely free. Just mark the subjects on the free consultation coupon (write other ailments on extra line) on which you want **special confidential information** and send to me with a 10c piece (one dime) to help pay postage, etc. I'll do the rest. Send for my free book **Right Now** TODAY.

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Physical and Health Specialist

Department 968 ***Founded 1895*** **Newark, New Jersey**

Special Notice:—*Lionel Strongfort, the World's Famous Athlete and Physical and Health Specialist, has achieved wonderful results with the Principles of Strongfortism. Thousands of pupils throughout the world have testified to the benefits gained under his guidance. He enjoys an excellent reputation in his profession and can be depended upon to do exactly as he promises.*

FREE CONSULTATION COUPON

ABSOLUTELY CONFIDENTIAL

Mr. Lionel Strongfort, Dept. 968, Newark, N. J.—Please send me your book, **"PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY,"** for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, as well as those I may write on extra line, without obligation.

..Colds	..Short Wind	..Falling Hair
..Catarrh	..Flat Feet	..Deformity (Describe)
..Hay Fever	..Constipation	..Stomach Disorders
..Asthma	..Biliousness	..Successful Marriage
..Obesity	..Torpid Liver	..Impotency
..Headache	..Indigestion	..Vital Depletion
..Thinness	..Nervousness	..Pimples
..Rupture	..Poor Memory	..Blackheads
..Lumbago	..Rheumatism	..Round Shoulders
..Neuritis	..Gastritis	..Lung Troubles
..Neuralgia	..Heart Weakness	..Female Disorders
..Flat Chest	..Poor Circulation	..Weak Back
..Insomnia	..Increased Height	..Drug Addiction
..Bad Blood	..Easy Childbirth	..Healthy Children
..Weak Eyes	..Despondency	..Weaknesses (Specify)
..Anemia	..Skin Disorders	..Great Strength
..Debility	..Prostate Troubles	..Muscular Development
..Neurasthenia	..Vitality Restored	

Mention other ailments here.....

Name.....

Age.....Occupation.....

Street.....

City.....State.....

How I Learned Shorthand in Seven Evenings

By JAMES R. LANDON

"TALK as fast as you like, Jim. I am taking it down in shorthand! Yes, that is exactly what I said—shorthand. What do you think of that, old fellow? No, I haven't been to night school or the business institute. But just go ahead—as fast as you wish—and I will give it all to you this noon just as you are reading it now."

It was Hal Richards on the 'phone and he had me guessing, I can tell you.

Hal Richards writing shorthand! I could just as easily imagine myself writing a play for Douglas Fairbanks.

Yet there he was offering boldly and confidently to take down everything I said as fast as I could give it to him. And it was a long and elaborate report that I wanted to get before him immediately.

It took him only fifteen minutes to get my report, whereas a similar report before had taken us nearly an hour. How on earth had he learned it?

Surely Richards had no time in the busy year just passed to take a Shorthand Course. For no decent Shorthand Courses that I had ever heard of could be learned in any time short of six months—or four at the least—even with a lot of time spent on it daily.

I had seen Richards often—by day and in the evenings—and I was positive his engagements had never given him such a chance.

So what was the answer to the riddle? I was soon to find out.

When noontime came and we met at the club for luncheon, Hal showed me several leaves from his desk pad crowded with neatly penciled shorthand characters and to my complete amazement "translated" these magic characters into the very report that I had given him over the telephone that morning.

And he hadn't made a single mistake in sentence or word or letter.

"Wonderful, isn't it?" said Richards, smiling broadly at my blank astonishment.

"I guess you think something magical has happened—with me in the role of the Miracle Man—but it is just the simplest and most natural little happening that you or I ever experienced.

"You probably won't believe me when I tell you that I learned to write that beautifully simple shorthand in just seven evenings. But that is the bare and unmistakable fact—and a most enjoyable fact to me, I can tell you!

"Of course I acquired the speed that you have seen today later by practice—but the 'how' of it—the alphabet and the way to put the words together—all this I had mastered after one week's study of the most simple and fascinating seven lessons I had ever encountered since my A-B-C days.

"I cannot think of anything more practically valuable and useful than these lessons that I stumbled upon so fortunately. What were they?

"Why this system is known as Paragon Shorthand, invented by a man named Alexander Lichtentag.

"It first came to my attention when an old college friend, the Superintendent of Schools, told me how successfully it was being used in the public schools of his city.

Talk as fast as you like, Jim. I am taking it down in shorthand.

"Really this system is a 'cinch.' The speed and ease with which any ordinary man or woman can pick it up is extraordinary!"

With that, Richards pulled out and handed me a sample Paragon lesson. Will you believe it, I learned that lesson by heart right at the table in just ten minutes.

Try this yourself:

All that is dreaded is done away with in the Paragon method. Instead of committing to memory something like 4,000 word-signs and contractions, you have only 26 word-signs to learn.

The entire system consists of:

The Paragon Alphabet,
Twenty-six simple word signs,
Six prefix contractions,
One general rule for abbreviations.

The simple exercises and explanation are divided into seven lessons, each of which you can grasp in one evening.

That is all.

Try This Lesson Now

Take the ordinary longhand letter *d*. Eliminate everything but the long downstroke and there will remain /. This is the Paragon symbol for **D.** It is always written **downward.**

From the longhand letter *e* rub out everything except the upper part—the circle—and you will have the Paragon **E.** o

Write this circle at the **beginning** of / and you will have **Ed.** ⌒

By letting the circle remain **open** it will be a **hook,** and this **hook** stands for **A.** Thus ⌒ will be **Ad.** Add another **A** at the end, thus ⌒ and you will have a girl's name, **Ada.**

From *o* eliminate the initial and final strokes and *o* will remain, which is the Paragon symbol for **O.**

For the **longhand** *m*, which is made of 7 strokes, you use this one horizontal stroke —

Therefore, —o would be **Me.**

Now continue the **E** across the **M,** so as to add **D**—thus —/ and you will have **Med.** Now add the **large** circle for **O.** and you will have —/ (medo), which is **Meadow,** with the silent **A** and **W** omitted.

Now you know why Harold Richards laughed when I looked so astonished.

For it is easy, isn't it—I know that from experience—for I can write Paragon now like a breeze.

I had always intended some day, if I could arrange the time, to take a course in shorthand. There were always so many time-saving uses for it. And yet I had kept postponing it until I had practically given it up.

Hal's experience again aroused my desire to learn it. If he could get the gist of it in only one week why I figured I could do as well. I could spare a week's time to learn, but I probably never would have been able to get the month's time that is usually considered necessary in order to master a Course of Shorthand.

I thought it over and began to reason it out. After all it wasn't so miraculous as it seemed at first.

Why hadn't someone figured out a simpler system? So I sent for the Paragon Course, and, just as Hal had done, I too, learned shorthand in seven lessons—Just one lesson each evening for a week and I had the fundamentals down pat.

And I had a lot of fun doing it. I got my wife and the boys interested and we make a game out of it. My wife attends lectures during the winter and she wanted to take notes on them.

Both my boys were in High School. Dick, my oldest boy had decided to go into business after he graduated last summer. When he applied for his first job he landed it instantly because he knew shorthand, and he received a much bigger salary than most beginners get. He is doing finely, too. I really attribute his rapid success, which is quite remarkable for a youngster, to Paragon.

I wouldn't take thousands of dollars for this new aid to time saving and fatigue saving. It is a priceless aid to efficiency, advancement and all-round earning power. I find it a wonderfully simple means of taking down notes, dictation, reports, speeches, conferences, and memoranda of all kinds.

I went the other day to the Paragon Shorthand Institute to tell this to Mr. Lichtentag, and get some advice on the finer points of his invention. He showed me a bewildering stack of letters from students of his system. I could not imagine a more convincing exhibit. From the lot I want to quote here one of the letters that was typical of hundreds:

> "I have mastered your System sufficiently to begin teaching it. I have found Paragon the shortest, simplest and at the same time the most comprehensive and adequate system I have ever examined or studied."
>
> W. P. Garbraugh,
> *Secretary to the President,*
> *South Georgia State Normal College.*

And here are just two more:

> "I received your Paragon Course and mastered the entire theory within five hours after I received it. There is no reason why I should not be able to write 150 words a minute after a little practice."
>
> Carl A. Jackson,
> *Koskaskia Live Stock Insurance Co., Illinois.*
>
> "I am fully convinced that Paragon is the very thing for a busy man."

And don't forget the younger folks—the sons and daughters who need Paragon to make them permanently self-reliant, self-supporting and always equipped to take a business position high up—near the man who runs the business.

It Won't Cost You a Penny

to see what Paragon Shorthand is like. Send today for the seven simple lessons. Try it one evening—or seven if you like. Then either return the course without any cost whatever or if you feel that you will benefit as thousands of others have, send only $5.00—and the course is yours. Remember: This is the Shorthand Course at a popular price—only $5. And it is exactly the same course that Mr. Lichtentag has taught personally for years at a fee of $25. His system of self-instruction and self-examination eliminates any necessity of personal teaching and has shortened the period of learning by several hundred per cent.

Paragon Shorthand Institute
Home Study Department
15 West 37th St. Dept. G-2410 New York

USE THIS FREE EXAMINATION COUPON

Paragon Shorthand Institute
Home Study Department
Dept. G-2410, 15 West 37th St., New York

You may send me the complete course of PARAGON Shorthand with the distinct understanding that seven days after its receipt I am either to remit $5 or return the course.

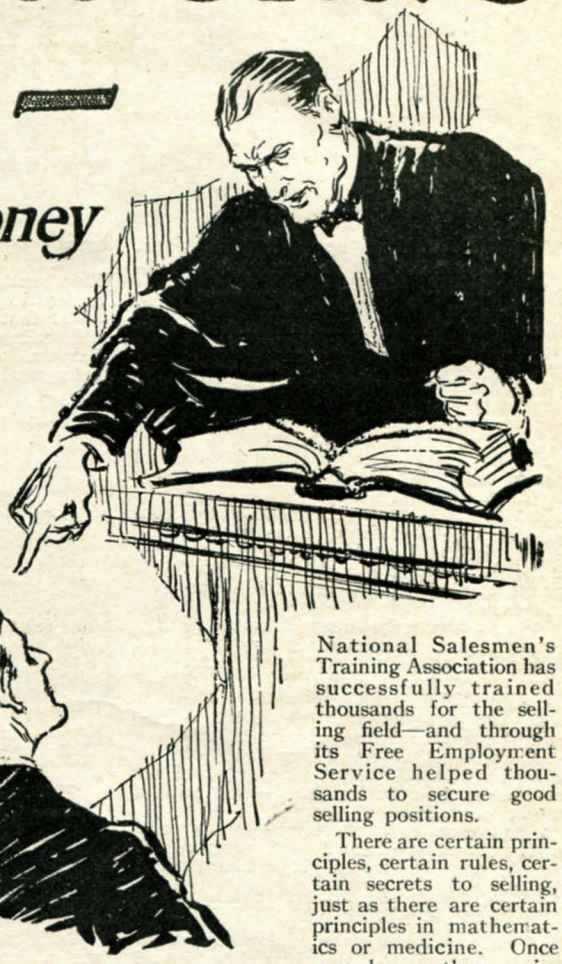
Name.....

Business.....

Address.....

P. C. 10-22

It's a Crime to Slave for Low Pay — When It's So Easy To Earn Big Money



If You Are Making Small Pay, Then You Ought to Investigate This Simple Plan that Has Shown Thousands a Way to Magnificent Earnings

It is little short of an actual crime for a man to struggle along trying to make ends meet, when he can easily step into a position with better pay and unlimited opportunities for making money.

The sentence for a crime of this kind is "a lifetime of drudgery." Trying to make ends meet is a much harder task than making from three to ten times as much money as you are now making. For you can just as easily take advantage of the experience of countless others who, in one swift stroke, have jumped from small pay in blind-alley jobs to incomes of anywhere from $5,000 to $10,000 a year.

One has but to learn the actual facts to prove that it has been done, is being done, and will continue to be done by those who have initiative enough to investigate a plan that will relieve them of a "life sentence" of drudgery and disappointment.

These Men Investigated and—

As an office worker in Detroit, Mr. B. H. Voss slaved away for $125 a month. But he saw his one big opportunity—grasped it—and increased his pay to $500 a month.

From the hardest kind of work as a farmhand, George W. Kearns, of Oklahoma City, grasped the same opportunity. The following extract from one of Mr. Kearns' letters gives an idea of how his earnings have increased: "Last week I cleared $306, and this week $218." And Mr. Kearns earned $60 a month previously.

To-day, Mr. J. L. DeBonis, of Chicago, is now enjoying magnificent earnings. Before investigating this money-making opportunity, he was earning $16 a week as a clerk.

When Charles Berry, of Winterset, Ia., decided that it was a crime to slave for low pay, he was earning $18 a week. And then the very first month he earned $1,000.

A whole book could be filled with stories equally amazing of men who have taken this new, quick road to big pay. Nor is there anything exceptional about these men. They were once in the same circumstances that you may be in now. They were discouraged, tired of working for small pay, and disgusted with their prospects. And then, as though by a touch of magic, they were earning salaries that they had never dared hope for.

To-day these men, and thousands of others like them, know the thrill of independence. They are making big money. As to their work, each day is like a fascinating adventure. For they have entered a new field—a field that they had never dreamed of as theirs—one that is not only the most interesting, but the best paying branch of all business—selling.

A Foolish Notion About Salesmen

For some reason the average man imagines that, in order to make good in selling, he must be a "born" salesman. Nothing could be further from the truth. There is no such thing as a "born" salesman. The men mentioned in this advertisement once never even thought of entering the selling profession. They would have laughed at even a suggestion of becoming salesmen. Yet, thousands of clerks, machinists, bookkeepers, factory hands, firemen and farmhands, to-day, are making big money in the selling field through the simple plan you are invited to investigate.

Secrets that Make Master Salesmen

No matter what your former earnings may be, you can quickly learn the secrets of selling that have put thousands into the big-pay class. For the past fifteen years the National Salesmen's Training Association has successfully trained thousands for the selling field—and through its Free Employment Service helped thousands to secure good selling positions.

There are certain principles, certain rules, certain secrets to selling, just as there are certain principles in mathematics or medicine. Once you know these principles, you can quickly make good in the selling field.

And through the National Demonstration Method you gain actual experience in overcoming sales problems of all descriptions while studying in your spare time at home. Then, through the N. S. T. A. System of Electives, you get specific instructions in how to sell the line or lines you want to handle. In other words, the proved selling plans of master salesmen in all lines are laid before you. Step by step you are taken through every phase of selling, and secrets of selling that have made millions of dollars are unfolded to you in a manner so simple and easy as to be immediately grasped by any one. Then, there is the Free Employment Service at your disposal when you are qualified and ready.

Earns $1,562 in Thirty Days

"My earnings for the past thirty days are $1,562, and I won second prize in March, although I only worked two weeks during that month."—C. W. Campbell, Greensburg, Pa.

Earned $1,800 in Six Weeks

"My earnings for March were over $1,000, and over $1,800 for the last six weeks, while last week my earnings were $356. I travel eleven months out of the year, working five days each week.

The N. S. T. A. dug me out of a rut where I was earning less than $1,000 a year, and showedme how to make a success."—J. P. Overstreet, Denison, Tex.

$1,000 in One Month

"After ten years in the railway mail service I decided to make a change . . . My earnings during the past thirty days were more than $1,000."—W. Hartle, Chicago, Ills.

Earned $524 in Two Weeks

"I had never earned more than $60 a month. Last week I cleared $306 and this week $218."—Geo. W. Kearns, Oklahoma City, Okla.

Book on "Modern Salesmanship" Free

Without cost or obligation, we will gladly mail you a copy of a very interesting book, "Modern Salesmanship." In addition to many interesting facts about salesmanship, it will also give you full information as to how you can become a highly paid salesman. No matter what you may think now, this book will prove to you that it's a crime to slave for low pay when magnificent earnings are within easy reach. There is no obligation, so just fill in the coupon and mail it to-day.

National Salesmen's Training Association
Dept. 28-R Chicago, Ills.

National Salesmen's Training Association,
Dept. 28-R, Chicago, Ills.

Send me FREE your book, "Modern Salesmanship," and proof that I can become a Master Salesman. Also send me list of lines with openings for salesmen.

Name .....

Address .....

Age ..... Occupation .....

How a Woman's Laugh Changed My Life

By Bosworth Stokes

I HAD come to Jim's house that evening because I needed cheering up more than ever before in my life. A bad error had been made at the office. They blamed me. They had to blame someone, I suppose. I tried to explain the matter, but the more they argued with me the more confused I became until at last I became silent altogether. Of course, that proved to them that I had really made the error.

I went to Jim because I needed someone to talk to. But I would never have gone to his home if I had known he was entertaining his old college friends. Somehow I was never at ease among people. Parties and entertainments were not for me. I was too busy trying to make some sort of mark in business.

There were women at Jim's house, too—the young wives of his college chums. They were a gay lot. I heard the thrum of a mandolin and a woman's lisping voice when Jim came to the door to greet me. I wanted to hurry away, but he insisted that I remain. "An old bachelor like you needs a little sport some time," he laughed.

I shrugged my shoulders. How could he know of the dull ache that would not go away, of the sickening feeling of despair. I didn't even have the spirit to resist him, though. And so I stayed.

A Terrible Humiliation

Dinner was served a short while after I arrived. Being the "unexpected guest" as Jim grinningly announced when he introduced me, I seemed to be the center of attraction. A frivolous young woman at my right assured me that she didn't like men in full dress suits—they looked too much like manikins. For the first time I was conscious of my business suit, and it made me embarrassed.

Others began to talk to me, and I tried to rouse myself. If I could only say something brilliant, only enter into some interesting conversation. But I didn't know what to talk about, didn't know how to answer them.

The dinner was over at last, and suddenly Jim said, "Well, Bosworth, how about a little speech—two minutes." There was laughter and applause, and all eyes were turned toward me. It was unbearable. I had come here trying to escape my depressing thoughts, and now they wanted me to speak! Jim should have known better—but Jim was like that.

Slowly I stood up. The silence seemed to stifle me. I wanted to run from the room, yet I felt rooted to the spot. They were waiting for me to speak, waiting and watching. . .

"Ladies and Gentlemen:" I began, staring resolutely at the wall. I knew they didn't expect anything brilliant or clever—just something funny. They wanted to be amused, and any nonsense would satisfy them, as long as it was talk. But I couldn't talk! I didn't know what to talk about, how to begin, what to say. I stammered, stuttered, began, stopped, and began again. And then, while they looked at each other in concealed amusement, I deliberately sat down. I had said nothing.

For a moment no one spoke. I sat there, warmly miserable, wishing myself a million miles away. And then suddenly, like a crash of thunder out of a leaden sky, the silence was broken by a woman's shrill laugh. I don't think she meant to be rude. The laugh was not very loud. But it pierced the silence like a knife, cut me like the sting of a lash, and crashed through my brain like a hundred fiery swords

Damn it all—I was a fool! A fool not to stand up and tell these snickering idiots what I thought of them. A fool not to go back to the office and explain to them how absurd it was even to suspect that I had made that error. A fool for sitting here so quiet and ashamed. With that laugh still ringing in my ears, I jumped up, glared around me, and before Jim could say a word dashed out of the house.

Realization

It seemed, somehow, as though that laugh explained to me all at once the countless other humiliating experiences I had had during my life. My backwardness in business, my constant embarrassment among people—all were explained at last. I couldn't talk. I couldn't make myself interesting, convincing. I had known about it for a long time, of course, but that laugh determined me.

I wouldn't have people mocking me all my life! I wouldn't take the blame for other people's mistakes any more! I would make people respect me, admire me!

You must have heard of Frederick Houk Law. He is a famous speech specialist, a man who has mastered every phase of speech and has founded a simple method that teaches you to talk easily, forcefully and convincingly. His course, called "Mastery of Speech" is arranged in lessons that teach you point by point how to become a genuine master of speech. I didn't waste any time. His course was in my hands the very next day.

I wish you could have known me before I began the famous "Mastery of Speech" course. It would have been impossible for me to say what I am saying in this announcement and have you understand me. I could never express myself. I could never find the right word at the right time. I made speech errors that made people misjudge me.

Step by step I followed the fascinating lessons of the course. I learned how to overcome my deficiences in speech, how to talk to any man or woman at any time without embarrassment, how to increase my vocabulary, how to convince people, how to talk with calm, impressive power. Almost at once I noticed how people changed toward me. Men and women began to enjoy my company. I began to enjoy conversing with them. My business associates began to respect me. I suggested plans and explained them in a clear convincing manner. My whole life seemed changed.

What "Mastery of Speech" Will Do for YOU

I am glad to be able to write this story here for everyone to read. I know it will help many other people to overcome their lack of the power to speak convincingly—and it may even change other lives as it has changed mine.

I was a fool not to stand up and tell these snickering idiots what I thought of them!

Do you ever stutter or stammer when you speak, do you become embarrassed when you speak to important men and women, do you become confused when something unexpected happens? Wouldn't you like to be able to meet unexpected situations calmly, to be able to say things that will impress and convince people, to be always at ease even when conversing with the most highly educated people, to be able to make business proposals in a forceful and effective manner? Wouldn't you like to gain mastery of speech, and at the same time gain a commanding personality?

"Mastery of Speech" did it for me. It will do it for you. The publishers of this famous course are willing to prove it by sending you the complete course absolutely free for 5 days. I have been told to add to the end of my story the announcement that "Mastery of Speech" will be sent free for 5 days to anyone requesting it.

This is a wonderful opportunity and I advise you to take advantage of it—at once. You may keep the 8-lesson course for 5 days, examine the interesting books, read one or two of the introductory lessons, and find out many valuable speech helps by reading a chapter here and there. Within the 5 days, decide whether you want to keep the course and send the publishers only $3 in full payment, or return it without cost or obligation.

Don't wait until some humiliating experience makes you wish you had heeded this announcement. It costs you nothing to examine "Mastery of Speech" in your own home. Clip the coupon and mail it now for the free examination. I advise you to do it this very minute before you are able to forget. I know you will thank me for it.

The name of the publishers is The Independent Corporation, Dept. L-2410, 15 West 37th St., New York.

400,000

people have paid $5 or $7 for one of our Self-Improvement Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

Until the Independent Corporation published the "Roth Memory Course," "Paragon Shorthand," "Mastery of Speech," "Drawing, Art and Cartooning" "Reading Character at Sight," "How to Write Stories," "Super-Salesmanship," and other personal development courses, where could anyone buy similar courses for less than $15 to $75?

Because we want to add two hundred thousand more names to our list of satisfied customers at an early date, we are making a

SPECIAL PRICE $3

(Regular Price $5.00)

Others sell for $15 to $75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downes of Detroit, Mich., who recently wrote:

"I can't see how you ask so little, while others with far inferior courses get from $20 to $80 for theirs."

Independent Corporation

Dept. L-2410, 15 West 37th St., New York

Without cost or obligation, send me Dr. Frederick Houk Law's "Mastery of Speech" which I understand is an 8-lesson course in Business Talking, Public Speaking and the art of speaking always with calm confidence and power. Within 5 days I will either remail the course or send only $3 in full payment. This places me under no obligation.

Name.....

Address.....

P. C. 10-22

No More Gray Hair— Says Science

Wonderful, Clean, Colorless Liquid Restores Original Color Surely—Quickly

Secret Sought by Thousands Now Revealed

Have you reason to feel that your friends are whispering, "She is showing her age. See how gray she is?"

Or are you a man still full of ambition and with the ability to win and yet regarded as "too old for active service" because your hair is gray?

But no matter how gray it may be, you can see your hair restored to its former color, with all the glossy richness which it had in early years.

A Remarkable Treatment at Your Service

Every scientist, every physician, knows that gray hair is hair that has ceased to receive its normal supply of coloring matter or pigment from certain tiny cells (called follicles and papillae) in the scalp, because these cells have become inactive from illness, shock of some kind, scalp disease, dandruff, infection, neglect of the hair, or lack of circulation, etc.

It is simply amazing to see how the grayness disappears when Kolor-Bak is used, no matter what the cause of grayness. If your hair was formerly black, Kolor-Back will make it black once more. If formerly brown, it will again be a soft, luxuriant brown. If it was once auburn, or red or blonde, you see it auburn, red or blonde once more. It will also be uniform in color throughout—not streaked, or gray at the roots and dark at the ends.

A Marvelous Relief for Dandruff, Itching Scalp and Falling Hair

Thousands have found also that Kolor-Bak works wonders in the most persistent cases of dandruff, itching scalp and falling hair. It is a remarkable help in keeping the scalp clean and free from the scaly matter which clogs the pores and impedes the circulation. It contains beneficial ingredients. It is not greasy or mussy. It is as pleasant to use as the clearest water.

This Guarantee Your Protection

With every full treatment we send our legal, written, binding agreement and guarantee—that Kolor-Bak will restore gray hair to its original color, will remove dandruff, stop itching scalp and falling hair, and will promote the health of hair and scalp.

What Thousands Say

"It restored the natural color to my hair and cured my little girl of dandruff."

"My hair was perfectly white—now brown as when young."

"My hair began to turn natural color in twelve days."

"Am 60 years old. Hair was white. Now brown as in youth."

"Hair was streaked with white. Now a nice even brown and dandruff all gone."

"My hair was falling out badly. Kolor-Bak has stopped it and put it in fine condition."

From everywhere come words like the above praising this wonderful treatment for the hair.

Youthful Appearance Means Popularity.

"My Hair Was Quite Gray"

"Only a short time ago my hair was quite gray and was becoming grayer and grayer. It was falling out. I began to look older. My scalp itched terribly. Showers of dandruff and scurf appeared whenever I combed my hair.

"I was simply amazed at the astonishing change produced by only a few applications of Kolor-Bak. The itching stopped with the first application. The dandruff disappeared. My hair soon stopped coming out. The most wonderful thing of all, however, is that my hair is again its original, natural color—not one single gray hair to be found in my head. I look ten years younger, and I really feel that much younger. No wonder I'm so thankful for Kolor-Bak!"

(A Typical Letter)

Gray Haired "Too Old for Active Service"

Free Trial Offer

To give you the fairest opportunity to learn what Kolor-Bak will do, we are making a most attractive free trial offer, particulars of which will be sent to those who ask for it. No money to send, only the coupon—and if you send it now we will also mail you our free book, "How to Care for the Hair."

No matter what you have used, unless you have already tried Kolor-Bak, you have not found the truly effective way to restore the vanished color.

Don't send a sample of your hair as the one clean Kolor-Bak solution is for all hair, regardless of former color. Mail the coupon to Hygienic Laboratories, 204 South Peoria Street, Dept. 1075, Chicago, Illinois. Canadian customers supplied from our Canadian laboratory.

HYGIENIC LABORATORIES
204 S. Peoria Street,
Dept. 1075, Chicago, Ill.

Please send your Free Trial Offer on Kolor-Bak and your Free Book on Treatment of the Hair and Scalp.

Name .....

Address .....

Lincoln Wielded This Power and Saved a Nation

—Why Not Use It in Your Business?

WHAT was Abraham Lincoln's greatest weapon? What was it that led him—a lowly woodchopper—to the president's chair? What was the one thing that carried him gloriously through the most trying administration of any president?

Of course, Lincoln possessed many wonderful qualities—qualities which undeniably contributed to his great success. But there are thousands of others in the world right now who possess equally good qualities—yet who are entirely unknown.

The truth of it is that Lincoln possessed one of the most priceless secrets of business. It is a secret, which though simple enough in itself, is scarcely ever *even thought of* by the average individual. Yet what worlds of profit it could mean to him if he would only realize it!

It is the secret of *using effective English*—knowing *persuasive* words, and knowing how to combine them into effective phrases and sentences that burn deep into the consciousness of people, *compelling* them to take the action that you desire.

It is the ability of making your words strike home—the ability to say things clearly and simply—the ability to make people see your point of view—to make them see your proposition in its most favorable light, and act in the way you want them to act.

Lincoln's Mightiest Weapon

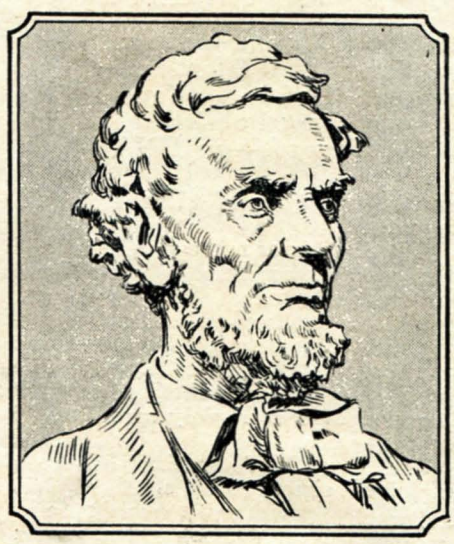
Lincoln possessed this ability to a wonderful extent. He had the knack of putting *life, force* and *power* into his messages. He knew the difference between clear, positive, virile English and *ordinary* talking and writing. And as a result he achieved success after success and has left us a fund of great and masterful classics that will live forever.

Perhaps the best known of Lincoln's masterpieces is his "Four Score and Seven Years Ago" address, delivered at the dedication of the Gettysburg cemetery. An interesting, yet little known story, is connected with this famous speech. It is said that Lincoln wrote it on the back of an envelope on his way to the exercises! It was short, lasting but a few moments. Yet there is not a school boy or girl in the country who has not learned it. Indeed, all over the world it is held up as one of the most perfect gems in all literature. At these same exercises a famous statesman delivered a carefully prepared address which lasted *more than an hour*. Today this is forgotten and unknown—while Lincoln's address will live forever. This forcibly illustrates the difference between powerful English and ordinary English.

In business, a knowledge of how to choose—and effectively use—*powerful, positive* and *emphatic* words instead of ordinary, impotent, hazy words has pulled many a man out of the shadow of poverty and obscurity into the sunshine of prosperity and prominence.

This Ability Easily Acquired

Yet this ability is not a matter of education. It is the ability of knowing how to use the knowledge you already have in such a way that it brings the most profitable and successful results.



It is a knack that anyone can learn—an easily acquired habit in the use and arrangement of words, sentences and phrases—a way of saying things that brings favorable response.

And the way to acquire this habit—the quick and easy way to express yourself in live, business-building language, is through a few minutes daily study of Dr. Frederick Houk Law's wonderful course, "English That Makes Money."

Dr. Law is a prominent New York teacher, lecturer and writer on subjects relating to the practical use of the spoken and written word. After years of research and study he perfected this new scientific and efficient way of using English and already some of the results secured by those who have studied it, are nothing short of astonishing.

This important work of Dr. Law's—by far the greatest thing he has ever done—makes it easy and interesting for you to learn how to use English that makes money—how to express your thoughts in *clear, powerful* and magnetic language that impels people to do what you want them to do.

A Vital Help in Business

The ability to make your words strike home—commanding attention, arousing interest, creating good-will, securing friends, making sales, collecting accounts, obtaining credit—will do more for you in the way of business, financial and social advancement than any other faculty you can acquire.

Many people think that an extensive vocabulary—a wide command of words—is necessary to obtain constructive force in the use of English. This is a great mistake. Nothing more than the ordinary vocabulary is needed to express yourself with the greatest interest and power. In fact, the simplest words—properly used—are always the most effective. But it is *the way you use* these simple words—the manner in which you group your thoughts—the sequence in which your ideas are communicated—the impression that every phrase and sentence makes—that determines whether or not you get the right answer to your message—the desired response to your appeal.

And the right way Dr. Law makes plain and easy for you to acquire in his intensely interesting Course. He knows the power of right words, rightly used, as do few men in America; and he has the rare ability to impart this knowledge to you in a manner so simple and so practical that you assimilate it with little effort.

He tells you secrets of trade-winning, business-bringing, profit-building, money-making, success-compelling English—secrets that are working night and day for other men—ideas that have made good in hundreds and thousands of cases—ideas that are now ready to serve you the moment you decide to use them.

Free: The Secret of Making People Say "Yes"

It is of course, impossible to tell you, in the small space of a magazine advertisement, all about the many immensely important benefits that are sure to come to you in every activity of your life, just as soon as you have learned Dr. Law's simple, practical, and scientific method of using the English language in talking and writing in a way that brings you what you want.

Therefore, we have prepared a booklet entitled *The Secret of Making People Say "Yes,"* a copy of which may be secured by you if you will simply sign and mail the "Free-Book Coupon."

This booklet will be a revelation to you. You will find it one of the most surprising and fascinating things you ever read. It will show you a sure way—and an intensely interesting way—to advance more rapidly—make more friends—make more money—become more popular—achieve greater prominence—win the admiration and regard of those you care for.

It will show you how to multiply your power of accomplishment by multiplying your ability to persuade others to do what you want them to do. It gives you the power of conviction and persuasion, which is the real secret of success.

Takes Only a Minute

If it were necessary for you to take a week off in order to get a copy of *The Secret of Making People Say "Yes,"* it would pay you well to do it. But it isn't. A minute's time and a postage stamp is all that is required. Don't let the ease with which you can obtain this valuable booklet cause you to underestimate its value.

There is no way of measuring in advance the immense value to you of Dr. Law's secret of getting people to do the things you want them to do. But by showing you how to uncover greater opportunities—handle bigger deals—make more sales—get a better position—increase your salary—it will quickly prove to you that it is the most valuable booklet you ever got for nothing, and that in mailing the coupon you took a sure step toward greater personal, social, business and financial achievement. Independent Corporation. Dept. BE-2410, 15 West 37th St., New York City.

FREE BOOKLET COUPON

Independent Corporation
Dept. BE-2410, 15 West 37th St., N. Y.

Gentlemen: Please mail me at once—without expense or obligation of any kind—a free copy of The Secret of Making People Say "Yes."

Name.....

Address.....

City..... State.....

P. C. 10-22

The Man Who Astounded Europe By Curing People With Words Alone!

Anyone Can Now Use His Marvelous Method, Which Has Healed Even the Most Obstinate Diseases—Asthma, Spinal Deformity, Paralysis! Easy and Effortless—No Will Power, No Hypnotism, No Medicine. Coué's Amazing Method of Self-Cure at Last Published in English. You Can Now Test It Yourself—on TRIAL

Emile Coué

NO matter what your trouble, or how long your health has been poor, you may now gain glorious health and freedom—without struggle or effort—through the marvelous discovery of "Induced Autosuggestion," by Emile Coué of France.

His surprisingly simple treatments, which you can give yourself at home, without expense, enable you to actually command and direct your "unconscious mind," and thus produce healing effects that have, until Coué's discovery, been considered physically impossible. Asthma, Enteritis, Appendicitis, even Spinal Deformity and Paralysis have yielded readily to the irresistible power of Coué's method. To read the record of the cases cured by the astonishing method of this modest French scientist is to realize that miracles are, after all, not impossible in the twentieth century!

One woman, afflicted with general eczema and swelling, especially in the legs, walked with great pain and difficulty. After her first treatment by Coué's method, she walked without fatigue for several hundred yards. Next day the swelling of feet and ankles went down and the eczema rapidly vanished, never to return.

A man, paralyzed below the waist for two years, from an injury to the back, improved steadily through his own application of Autosuggestion, until in a few months he walked and went back to work. Over thirteen years have passed with no return of the paralysis.

Lord Curzon Healed

(Special Cable Dispatch) London, July 9—Marquis Curzon of Kedleston, Great Britain's Foreign Minister, was cured after all other methods failed, by Emile Coué, the French exponent of Autosuggestion. Lord Curzon personally makes this interesting disclosure today. —Phila. Public Ledger.

Countess Beatty Cured By Coue's Method

N. Y. World, July 18, 1922. London, July 15—Because of illness Countess Beatty did not entertain much last year. It was only after undergoing auto-suggestion treatment under M. Emile Coué of Nancy that she again became one of the most active London hostesses.

Anyone Can Now Learn to Use Coué's Method

The most wonderful and encouraging feature of Coué's method is that it is not technical or hard to understand, and can be easily learned without personal instruction.

Up to a year or two ago, the fame of this wonderful method of healing was confined to France alone. But now, with the healing of internationally-prominent people, like Lord Curzon and Countess Beatty of England, the good news of the *Coué Method of Autosuggestion* is rapidly spreading all over the world.

And now Coué's method has been explained simply and clearly *by the discoverer himself*, in a little book of less than a hundred pages! What a boon for those in ill-health everywhere! This book, the original, complete statement of his discovery in Coué's now words, has been translated into English and is now offered to Americans for the first time.

Now that physicians everywhere are admitting as never before the immense influence of the patient's mind in assisting or hindering the cure of disease, every person—not only those in ill-health, but everyone who wants to preserve health—will want to understand, and make use of such a simple, easily-learned system of cure and prevention as that explained in Coué's book, "Self Mastery Through Conscious Autosuggestion."

Get Coué's Own Instructions on TRIAL

The fine, humanitarian generosity of the author (who makes no charges, even in his personally-taught clinic) has made possible the publication of the American Edition at a purely nominal price—only $1.00.

So now, for only a fraction of what you may have often paid for a physician's visit, you can have the means of both curing yourself of your present trouble without cost, and preventing sickness and expense in future. And you can even examine and test out Coué's method *on trial.*

Send No Money

Just write your name and address on the coupon below, and mail it, or write a letter if you prefer, and Coué's own book, "Self Mastery Through Conscious Autosuggestion" will be sent you at once postpaid. Only $1.00 (plus a few cents postage), paid to the postman who delivers it to you, will make Coué's full, complete method your property. If after five days you wish to return the book to us, do so without hesitation. Your money will then be immediately refunded. You take no risk, and whether ill now or not, you should not miss this opportunity of learning the method that is revolutionizing the healing of sickness everywhere. Remember, you send no money—and have the privilege of 5 days' examination before deciding to keep the method. Act now, as this offer may not be repeated in this magazine. Mail the coupon at once, while you are thinking of it, to Thompson-Barlow Co., Dept. 510, 43 West 16th St., New York City.

THOMPSON-BARLOW CO.,
Dept. 510, 43 West 16th Street, New York City.

You may send me Emile Coué's method, "Self Mastery Through Conscious Autosuggestion." I agree to pay the postman who delivers it $1.00 (plus postage) in complete payment. I am entitled to return the book within 5 days if I wish. It is understood that you will refund my money at once if I return the book.

Name.....

Address.....

City..... State.....

☐ (Check here if you wish genuine leather, for which pay $1.75 and postage on arrival.)

$3 a Day for Muscle
$10,000 a Year for Brains

Only through *mental* power—not *physical* power can you achieve business success and make more money

YOU can't win big prizes with your *hands*.

You've got to use your *head*.

Success is *mental* not *physical*.

Our free book—*The Secret of Mental Power*—makes this plain and tells you just how to get on the right road to mental supremacy.

Thousands of good men who were struggling along in the $100-a-month crowd are now forging ahead into the $10,000-a-year class because they had the sense to *see* and *seize* this opportunity to get and follow the invaluable advice contained in this little volume.

The only reason in the world that these men were stuck in the rut of *hard work* and *poor pay*—the only reason they never before attained the success to which they were entitled—was because they were traveling the wrong road, through ignorance of their inherent mental power—the *only* power that can possibly turn dreary failures into brilliant successes.

The big barrier to *your* advancement—the big stone against which *you* are forever stubbing your toe—will be removed the very instant you come to a full realization of the fact that your thought force—your mental power—is the *only* real productive power you possess.

Then—and not until then—will you develop your dormant abilities and possibilities.

Then—and not until then—will you graduate from the small-salaried class and go *on* and *up* into broader and higher realms of achievement.

Our free book makes this as plain as day.

The Greatest Secret of All

Why is it some men achieve success with very little apparent effort?

Why is it others succeed only after great struggles—trials and tribulations?

And still others—the great majority—never succeed at all—never pull themselves out of the mire of mediocrity?

It certainly is not due to *physical* reasons, otherwise the *physically* perfect man would be the *financially* successful man.

The secret of success is altogether *mental*. Mind is the creative principle—the producing power.

Therefore, the only difference between *leaders* and *followers*—*winners* and *also rans*—*success* and *failure*—is the ability to properly use, expand and direct your thoughts.

When you learn that *mental* power is supreme—that it dominates, regulates and directs every other power there is—that it can be acquired, developed and controlled—that it is ever available, *unlimited* in its activity, and *unbounded* in the scope of its operations, then you see that it is the most important thing for you to possess, for it will enable you to overcome your obstacles, solve your difficulties, gratify your desires, and equip you for permanent progress along an ever-ascending way.

The power to *think* implies the power to *know*. The power to think of and know *one* thing, implies the power to know *all* things. Knowledge is power, and *complete* knowledge is omnipotence.

Therefore, the power of right thinking is the greatest power you can possess—the secret of all success.

This free book points a plain path to

- **—scientific mind-building**
- **—progressive unfolding of new ideas**
- **—destroying false fears and apprehensions**
- **—arrow-like thought processes**
- **—quick and easy learning**
- **—the faculty of focusing attention**
- **—the knack of attracting worthy friends**
- **—out-thinking your competitors**
- **—making your mind a treasure-chest**
- **—the art of being 100% alive**
- **—adaptability to circumstances**
- **—working with little effort**
- **—achieving a high reputation**
- **—gaining serenity through poise**
- **—mastering yourself and others**
- **—quick thinking in emergencies**

"Tune Up" Your Mental Motor

Do not lose a minute's time in getting and reading this free book, *The Secret of Mental Power*.

Learn to use your mind with power and efficiency.

As soon as you gain an insight into the secret of right thinking, you will become conscious of a subtle, illuminating influence that will change your whole outlook on life, multiply your mental effectiveness and thoroughly stabilize your judgment.

These great benefits will not come as added burdens to your mind. They will come through a proper overhauling of your mental machinery—your thinking apparatus—just as your automobile is "tuned up" by an expert mechanic, who knows just what is needed to get the greatest power and efficiency from the motor.

When this important change has taken place—when the carbon of wrong thinking has been cleared out—when your mental cylinders are all firing on time and in the proper order—you will find yourself smoothly gliding over the hills of difficulty on high gear—hills which before you could climb only on low or were never able to climb at all—just because you lacked the mental power.

And you will experience the keen thrill of passing other men on the road of business accomplishment—men who have kept ahead of you only because you never before knew the *mental* secret of getting ahead.

Grasp This Opportunity Now

A great writer once said: "The surest way to miss success is to miss the opportunity."

Are you going to miss *this* opportunity?

If you do, you can blame no one but yourself.

For you can now get a copy of this wonderful little book without cost or obligation of any kind.

So, send for it *now*.

Let it prove to you that it is one of the most interesting and valuable books you ever owned.

Don't undervalue this little book because you get it for nothing.

If you do, you will make a tremendous mistake.

Get it!

Read it!

Then you can decide intelligently.

Then you will realize its importance to *you*.

Then you will see that it is worth many, many times as much as books that have cost you $2 to $5 each, and which you cast aside after one reading.

Act promptly—today.

Although 20,000 copies of this book were printed for this free distribution, they are melting away rapidly.

So, *do not delay!* Independent Corporation, Dept. RM-2410, **15 West 37th Street, New York, N. Y.**

Free-Book Coupon

Independent Corporation **Dept. RM-2410**
15 W. 37th Street **New York**

Gentlemen—Please mail me at once—*without cost or obligation on my part*—a copy of your new book, *The Secret of Mental Power*.

Name.....

Address .....

..... P. C. 10-22

(This little coupon has helped others. Are you going to let it help you?)

New Way to Reduce a Pound a Day

Now Yours for Only $1.97

The easiest, quickest and most healthful way to obtain a normal, youthful figure. No painful self-denials, drugs, exercises, massage or other discomforts. Sent on TEN DAYS' TRIAL to PROVE how easy it is to lose a pound a day.

"IN just three weeks I lost 20 pounds—just what I wanted to—through your new way to reduce. And without one bit of discomfort. I think it is perfectly remarkable.

Thus writes Miss Kathleen Mullane, the famous stage beauty and artist's model, whom a well-known artist called "a most perfect example of American womanhood."

"Thousands of dollars would not represent the value of the knowledge I have gained as to this healthful, pleasant way of reducing weight," writes Mr. Clyde Tapp of Poole, Ky., who quickly reduced 60 pounds by this method. "A wonderful thing is, there are no drugs, baths or exercises to take, and you do not have to starve yourself, but can eat plenty. Life is so different, now. *I am more agile and active*, and I can wear stylish clothes now, whereas fat people never look good no matter how well dressed."

Loses 22 Pounds in 14 Days

Whether you are much overweight or just a few pounds too heavy, this new method is equally beneficial. *You reduce as rapidly or as slowly as you please. When your normal, ideal weight is reached, it can be maintained without gaining or losing any more.* Mr. Ben Naddle, a New York business man, was just 22 pounds overweight, and he decided to rid himself of this excess in the shortest possible time. His letter to us follows:

"I reduced from 175 to 153 pounds in two weeks. Before I started I was flabby and sick. Had stomach trouble all the time. I feel wonderful now!"

(*Signed*) BEN NADDLE,
102 Fulton St., New York City.

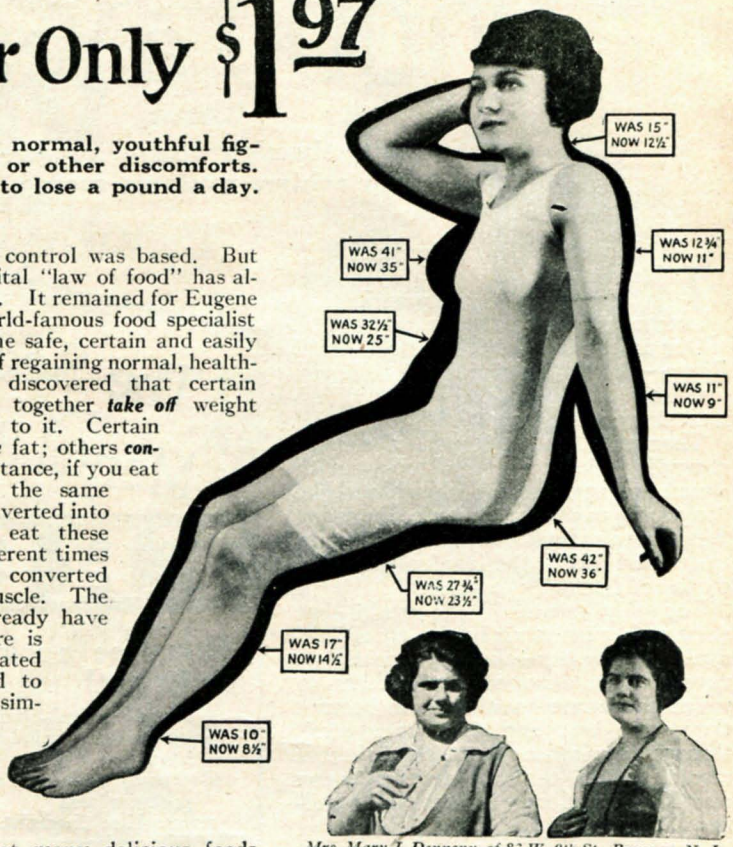
Look Years Younger When Fat Departs

Stout people usually look much older than they really are. This is not only on account of their form, but also because the fat, pressing upon and interfering with the action of the heart, lungs, and kidneys, brings a premature aging which is reflected in their faces. But when this new, healthful, natural way to reduce is employed, what a rapid change takes place! Besides securing slender, graceful, youthful figures, their eyes become brighter, their steps become more elastic; weakness, nervousness, indigestion, shortness of breath and many dangerous organic troubles vanish. Many write that they were positively astounded at losing wrinkles which they had supposed to be ineffaceable!

A delighted Pennsylvania woman writes, "I *feel* 20 years younger since I lost those 54 pounds, and my family say I *look* it.

The Secret Explained

Scientists have always realized that there was some natural law on which the whole system of weight control was based. But to discover the vital "law of food" has always baffled them. It remained for Eugene Christian, the world-famous food specialist to discover the one safe, certain and easily followed method of regaining normal, healthful weight. He discovered that certain foods when eaten together ***take off*** weight instead of adding to it. Certain combinations ***cause*** fat; others ***consume*** fat. For instance, if you eat certain foods at the same meal, they are converted into excess fat. But eat these same foods at different times and they will be converted into blood and muscle. The excess fat you already have is used up. There is nothing complicated and nothing hard to understand. It is simply a matter of learning how to combine your food properly, and this is easily done. This method even permits you to eat many delicious foods which you may now be denying yourself. For you can arrange your meals so that these delicacies will no longer be fattening.



Mrs. Mary J. Denneny, of 82 W. 9th St., Bayonne, N. J., before and after losing 74 pounds by this wonderful method.

10 Days' Trial—Send No Money

Eugene Christian has incorporated his remarkable secret of weight into a course called "Weight Control—the Basis of Health." Lessons 1 and 2 show how to reduce slowly; the others show how to reduce more rapidly. To make it possible for every one to profit by his discovery he offers to send the complete course on trial to any one sending in the coupon.

Use the Coupon SAVE $1.03

This remarkable new method of reducing weight has been sent to

Thousands of Men and Women

They gladly paid $3.00 for it and many write that the improvement in their appearance and health was worth hundreds of dollars to them. But for a limited time you are being given the opportunity to purchase this remarkable method at $1.97.

Why the Coupon Is Worth $1.03 to You Now

Those who use this rapid method of reducing to normal weight are usually so enthusiastic that they simply cannot refrain from mentioning this method to their friends. This will be the best kind of advertisement for us. So we are willing to lose money in order to secure a great number of users in the shortest possible time.

So here is our offer. Just mail the coupon without sending a penny. The coupon will be accepted as worth $1.03 on the purchase of this course for which others have had to pay $3.00. Then when the course arrives all you have to do is to pay the postman only $1.97 plus the few cents postage, and the course is yours. There will be no further payments at any time. But if you are not thoroughly pleased after a 10-day test of this method you may return the course and your money will be refunded instantly. (If more convenient, you may remit $1.97 with the coupon, but this is not necessary.)

Our liberal guarantee protects you. Either you experience in 10 days such a wonderful reduction in weight and such a wonderful gain in health that you wish to continue this simple, easy, delightful method or else you return the course and your money is refunded without question.

Don't delay. This special price may soon be withdrawn.

Mail the coupon NOW.

Loses 74 Pounds, Feels Like a New Woman

"I weighed 240 pounds when I sent for your course. The first week I lost 10 pounds. My weight is now 166 pounds and I am still reducing. I never felt better in my life than I do now. There is no sign of my former indigestion. And I have a fine complexion now, whereas before I was always bothered with pimples. I reduced my bust 7½ inches, my waist 9 inches and my hips 11 inches." (*Signed*) MRS. MARY J. DENNENY,
82 West 9th St., Bayonne, N. J.

Reached Normal Weight in 30 Days

E. A. Kettel, prominent in New York newspaper circles, who lost 28 pounds in 30 days

"For three years I had weighed 168 pounds. Then I heard of and sent for your method. I found your instructions easy and your menus delightful. I lost 28 pounds in 30 days—8 pounds the very first week. My general health has greatly benefited and I have not had one of my former sick headaches since losing my extra flesh. (*Signed*) E. A. KETTEL,
225 West 39th St., New York City.

Corrective Eating Society
Dept. W-2710, 43 West 16th St., New York City

This Coupon is Worth $1.03 to You
(Under Conditions Named Below)

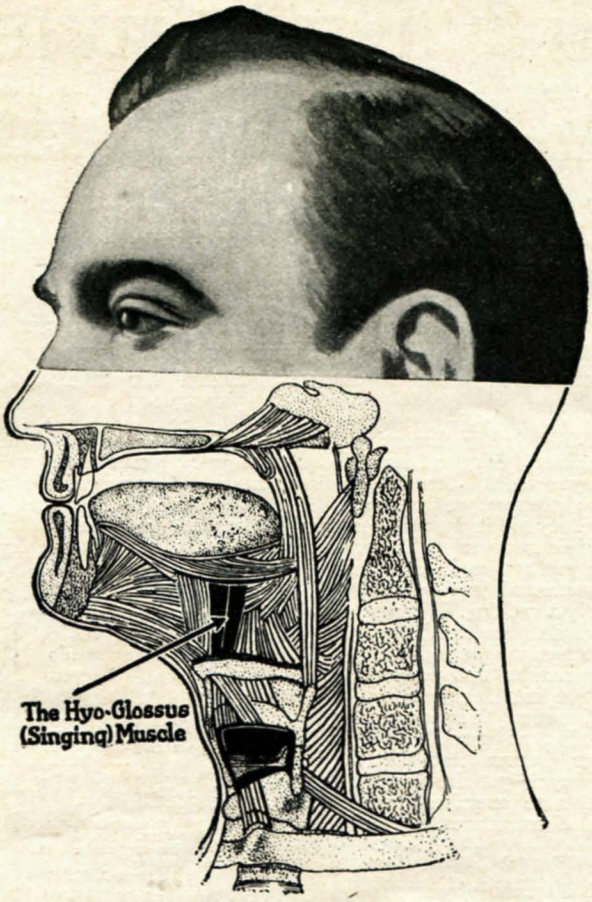
CORRECTIVE EATING SOCIETY
Dept. W-2710, 43 West 16th Street, New York City

Without money in advance, you may send me in plain wrapper Eugene Christian's Course on "Weight Control—The Basis of Health." You are to accept this coupon as worth $1.03 (ONE DOLLAR AND THREE CENTS) on my purchase of this course. Therefore, when the course arrives, I will pay the postman only $1.97 (plus few cents postage) in full payment and there are to be no further payments at any time. Although I am benefiting by this special reduced price, I retain the privilege of returning this course within 10 days, and having my $1.97 refunded if I am not delighted with the results. I am to be the sole judge.

Name.....
(Please write plainly)

Street.....

City..... State.....



The Simple Secret of Caruso's Power

WHAT are the physiological reasons for a beautiful, powerful voice? In the past, this subject has been a mystery even to voice instructors who, consequently, were forced to teach in the most haphazard way. Now scientists have cleared up this subject, so important to all who sing or speak. A close study of the vocal mechanism of the late Enrico Caruso, preserved by the scientists of his native Italy, has fully corroborated the theory and practice of the famous Eugene Feuchtinger, A. M.

For three generations, the family of Feuchtinger has been famous in the musical capitals of Europe for their success in voice development. Grand Opera stars have been trained by their method. Voices apparently lost, have been recovered. Until a few years ago, America knew nothing of this method. American singers who desired not merely vocal training, but *voice development*, sought their goal in Europe. Few understood the principles involved in the Feuchtinger method — but everyone marveled at the striking results attained.

Now Professor Feuchtinger's training is open to you. Professor Feuchtinger himself is here in Chicago. He is devoting his time to thousands of American pupils. Hundreds are being benefited where only one could have his attention before. The marvelous Feuchtinger method is perfectly adapted to instruction by mail. You can practice these wonderful silent exercises in the privacy of your own home. The Professor himself, follows your progress. He encourages you—answers your questions, and explains everything with perfect clearness.

Prof. Feuchtinger Guarantees to Improve Your Voice 100%

You alone are to be the judge. After faithfully following this course of training, if you are not fully satisfied, your money will be refunded. You take no risk.

If you are ambitious to sing or to speak — if you stammer or stutter, Professor Feuchtinger will help you. Everything about this wonderful method is explained in the Professor's free book, "Enter Your World." Send for it today. He wants you to have it.

Perfect Voice Institute 1922 Sunnyside Avenue Studio 5727, Chicago

This Book FREE

If You Mail this Coupon!

Perfect Voice Institute
1922 Sunnyside Avenue,
Studio 5727, Chicago

Please send me your book, "Enter Your World," without charge or obligation. I have put X after the subject that interests me most.

☐ *Singing* ☐ *Speaking* ☐ *Stammering* ☐ *Weak Voice*

Name _____

Address _____

_____ *Age* ____

Amazing New Invention Takes Off Flesh

Just Where You Want to Lose It!

Astonishing results obtained by women everywhere in from two to five days! No strenuous exercises. No pills. No tedious "rolling" or gymnastics. New invention is harmless, natural and pleasant. Send no money. Five days' trial.

A protruding abdomen can now be easily brought down to normal size.

Superfluous flesh on the back and shoulders impairs the lines of what may otherwise be a splendid form.

The Vaco Cup is designed for those who want a beautiful bust, free from flabbiness and unsightly excess flesh.

Unnecessary flesh upon the shoulders, back and sides can now be easily reduced.

The lines of shapely, well formed legs and graceful ankles need no longer be marred by disfiguring fat.

A MARVELOUS new invention has been discovered for taking off superfluous flesh just where you want to lose it—by direct external application in a pleasant, natural way.

And the beauty of it is, this remarkable device takes only a few minutes night and morning—and almost before you realize it each fleshy part begins to go down to normal, just as if it had been merely a swelling. Women everywhere are delighted with this amazingly effective weight reducer.

One woman reduced two pounds in two days. She lost fifteen pounds in a few short weeks. How would you like to reduce so much? It's easy! Another woman lost four pounds in six days!—yet she didn't indulge in tiresome exercises, hot baths, or other discomfitures.

Reduce Where You Want To.

Losing 5, 10, 20 pounds by means of this invention is not at all extraordinary. Read the actual remarkable results told on this page by the delighted users themselves, and remember, you, too, can take off as much or as little weight as you please—wherever you please! You may not be stout about the abdomen, you may merely want to reduce the superfluous flesh on your thighs or your ankles. No matter what part of your body you wish to reduce, here is your great opportunity to do it in an easy, pleasant way—without discomfort or self-denials.

By means of this remarkable new invention, called the Vaco Cup, thousands of women are now quickly acquiring the slender, graceful figures they have always desired. You, too, can easily reach your ideal weight and assure yourself of grace and beauty.

The amazing new Vaco Reducing Cup does what Nature fails to do when fat has accumulated in a certain part of the body. Fat remains with us because the blood circulation is not active enough to carry it off. And the formation of the excess fat finally makes it impossible for the blood to course through it.

Amazingly Rapid Results.

The Vaco Reducing Cup, through a gentle suction, creates natural circulation in the fatty part. The congestion is loosened and the fat vanishes like magic. The wonderful Vaco Reducing Cup is based on the scientific principle of suction-massage. It goes directly to the part affected. It removes only the fat you want to lose. The suction of the Cup holds the flesh in a gentle grasp and the vacuum created circulates a flow of fresh, active blood to the spot—the fatty spot. Then, with a gentle rotating motion, the spot is massaged for only three minutes and the blood is urged through the congested fat, which is quickly dissolved and carried away.

Try the Vaco Cup for Five Days. No Money in Advance.

No matter where the flesh has accumulated—at the arms, legs, thighs, hips, bust, neck—this wonderful new scientific device quickly takes off that flesh and leaves the part firm, slender, beautiful! Think of it—the very flesh you want to lose—the very part you want to reduce! And without one bit of self-denial or privation of any kind.

Let us send you the Vaco Reducing Cup so that you can use it in your own home for five days and actually see for yourself how you can lose your superfluous flesh in this new, easy, natural way. The test need not cost you a cent if you are not absolutely delighted.

Astonishing Results Obtained by Thousands

"Loses 26 Pounds"

"Before using the Vaco cup I weighed 167 pounds. The first five days I lost 2 pounds. Today I weigh 141 pounds. I am very much pleased to see a reduction of 26 pounds in only a few weeks." Miss F. H.

"Would Not Part With Vaco Cup For Any Money."

"I am more than pleased with my reducing cup, and am reducing rapidly and feeling much better. I would not part with my cup for any money, if I could not obtain another." Mrs. C. H. B.

"Loses 4 Pounds in 6 Days."

"I have lost 4 pounds in the last 6 days. I feel much healthier and can stand long marches and perform other duties without the least exertion." Mr. T. H. C.

"Loses Inch From Thighs in Few Days."

"Using the cup three minutes in the morning and evening on each thigh, by the tape measure I have lost one inch in only a few days' time." Customer No. 1008.

Note: In deference to the men and women whose statements are reproduced above, we have omitted their names and addresses. However, their letters, together with hundreds of others, are in our files and names and addresses will be furnished on request.

Special Reduced Price.

The Vaco Reducing Cup is of soft pliable rubber, made with the wonderful pressure-regulator. It is packed in a plain unmarked container. It will be sent to you at once upon receipt of the coupon below.

Thousands have sold at the regular price of $6.00 and $8.00. But when it is in your hands simply pay the postman the special price of only $3.85 in full payment—and the Cup is yours. After the five days' test you have the guaranteed privilege of returning the Cup if you are not absolutely delighted, and your money will be immediately refunded.

Free Introductory Offer.

For a limited time only we will include with your Vaco Reducing Cup a splendid set of books on "How to Reduce"—six interesting, illustrated books which you will find of permanent value to you. There are valuable hints in these books which tell you how to preserve youthful shapeliness in the whole body.

Send No Money.

Don't send us a cent in advance. Simply fill in and mail coupon below. That will bring you the remarkable Vaco Reducing Cup together with the six interesting books on "How to Reduce." We want to prove to you that the Vaco Reducing Cup quickly takes off flesh **just where you want to lose it.** See what five days will do! And then if you are not completely satisfied in every way, merely return the Cup and you will not be out a single penny.

Thousands of These
Vaco Reducing Cups
Have been sold for $6 and $8
The price on this offer is **Only $3.85**
Plus Few Cents Postage

Remember, you save at least $2.15 on this offer. But you must act at once. Mail the coupon today—while this splendid opportunity is before you. Modern Research Society, Dept. C-310, 43 West 16th St., New York.

This Coupon is Worth at Least $2.15

Modern Research Society,
Dept. C-310, 43 W. 16th St., New York, N. Y.

Without money in advance, send me the Vaco Reducing Cup. The six books on "How to Reduce" are to be included free. I will pay the postman only $3.85 (plus few cents postage) in full payment on arrival, with the understanding that I have the guaranteed privilege of returning the Cup and having my money promptly refunded after five days, if I am not delighted with results. As the free books are valuable, I agree to return them with the Cup if for any reason I do not find the Cup highly satisfactory.

Name.....

Address.....

City.....State.....

How She Learned the Secret of Attracting Men

"Soon everyone knew that Christine had won Paul's love—that Christine was the girl he would marry."

AT sixteen, Christine Warrick, was quite the most romantic girl in town. There was a group of slim cypress trees near her home where she used to sit for hours, weaving beautiful dreams. She liked to picture herself in an exquisite ballroom surrounded by admiring men and envied by beautiful women. Sometimes she pictured herself lost on a desert island, and always there was a handsome hero to rescue her.

But the years slipped by, and with them Christine's dreams faded. She had stood timidly on the threshold of life, stretching forth eager arms for romance. But romance had not come. One by one her girlhood friends married—and dropped out of her life. Others seemed to grow more charming and attractive as the years slipped by, but she seemed to lose even the demure charm she had had at sixteen.

There was Edna—Christine's particular friend. They had gone to school together and shared all their secrets. Edna was not particularly pretty, she was not more than averagely clever—yet she was engaged to "the most wonderful man in the world." Christine was just the least bit jealous when Edna disclosed the important news. The tiniest fear entered her heart—and would not be dislodged.

Suppose romance never entered *her* life! Suppose *her* drea s never came true! What was it that made Edna more attractive than she? Why did every man who ever came to town want to meet Edna, and know her? No one ever wanted to meet Christine. Somehow, men never noticed her. She was not popular, she told herself bitterly—she was not the kind of girl men liked.

Christine Confides in Edna

Another year slipped by, and the fear in Christine's heart grew and grew. Edna was married now, and a frequent visitor at the Warrick home. It was on one of these visits that they found themselves alone, the two young women who had been school-mates and whose lives had taken different paths.

Christine found herself watching her friend's face, wondering what it was that made her so attractive, trying to find the secret of her charm. She caught herself comparing her own appearance to Edna's and she knew that she was the prettier of the two. Edna's eyes were not the deep, blue pools her own were; Edna's hair had not the golden sheen her own had.

What was it then, that had made her one of the most popular girls in town, that had won dozens of suitors for her while Christine herself hadn't even one? How had she won the love of her handsome young husband when many girls of far greater beauty would gladly have been his? It was all very puzzling—and very discouraging.

"You are very happy" she said to Edna—trying in speech to drown her own unhappiness.

"I never dreamed that life could be so wonderful!" Edna replied, "Christine dear," she added gently, "it is marriage that makes life worth while."

And then, because she knew Edna would understand, Christine poured out her story. She told of the fear that gnawed at her heart, and how starved she was for life and romance. She told bitterly of her girlhood dreams and ended up by insisting that she had always been unlucky.

Edna Discloses An Amazing Secret

"It is not a matter of luck" Edna said, taking her friend's hand in her own. "Come—let us sit here a while, and I will tell you a story.

"If I had depended upon luck alone, Christine, I would never be married today. I would have lost Fred's love and interest long ago. There's an art to attracting men and winning their love—just as there is an art to playing the piano or learning to sing a song. You have to know exactly how to make a man become interested in you, and after you have won his interest, it's simply a matter of a few deft steps before you have him declaring there's no one in all the world quite like you. Appearance makes hardly any difference at all. It's just like playing a game."

Christine listened in amazement. "Can anyone learn how to become attractive and interesting to — to men?" she asked.

"Certainly. Many women have the knack of attracting men and they practice the subtle principles of charm without realizing it. But other women, like you and like myself, have to learn these principles and how to apply them."

"You!" Christine exclaimed. "Why, you've always been popular."

"Not always" Edna corrected. "Only since I studied 'The Art of Attracting Men.' It taught me how to make myself fascinating to men, how to make my personality so attractive that my appearance would mean scarcely anything at all. It taught me where and how to meet the kind of men I wanted to meet; how to make them interested in me; how to use certain little secret principles that win lasting affection. And yes, Christine, it taught me how to inspire the proposal. I do not know why I am confessing these things to you, except that I want to be sure that you send for 'The Art of Attracting Men' at once."

Christine's Dream Comes True

"Oh, is it something I can buy?" Christine demanded, her eyes bright with a new hope, a new longing. "Tell me about it, Edna—tell me all about it. I *must* know."

"'The Art of Attracting Men,' is an unusual course in eight books" Edna told her. "Nothing like them has ever been published before. They disclose the remarkable principles that have made women attractive to men ever since the world began. Unless she knows these principles no girl or woman, no matter how pretty she may be, can win a man's affection and retain it.

"Everything you want to know is explained clearly in these books, Christine. You will find out exactly how to remove the obstacles that are in your way. You will find out all the little secrets that make a woman irresistible to a man. Why, Christine, before you realize it you will have more beaux than any girl in town! No, I am not joking. If you just learn the simple knack of making men like you, you can make your fondest dream come true."

And Christine's fondest dreams did come true, as Edna predicted. There was Paul —— the man she had always admired—but who had never seemed to notice her. She put the remarkable principles to the test the very next time she met him. It was amazing, the way he instantly became interested in her. It was as though he had discovered in her a new charm, a new fascination. Before the evening had passed, he had won her permission to call. And soon every one knew that Christine had won Paul's love, that Christine was the girl he would marry.

"The Art of Attracting Men." A Phenomenal Eight-Book Course

Love is not an accident. It is not a matter of luck. The woman who wins the love of a man employs certain principles which have been found effective ever since the world began. A great many women do not know what these principles are, and to them, love and marriage is simply a lottery, a hit-or-miss matter of luck. But to those women who, either consciously or unconsciously, apply the secrets outlined in "The Art of Attracting Men," the winning of the man of one's choice becomes a clever knack, a fascinating game.

"The Art of Attracting Men" does not teach sex. It is not an ordinary course on marriage. In eight interesting books, this phenomenal course reveals all the secrets of fascinating womanhood, all the age-old principles of attraction which make a woman irresistible to a man. It is a splendid up-to-the minute, authentic, psychological course designed for the girl or woman who is modern enough to mould her own life—to choose her own husband instead of waiting patiently for someone to choose her. It explains the never-changing law of attraction, discloses methods by which any girl, no matter how plain or unassuming, may compel the admiration and love of everyone with whom she comes in contact.

Do *you* know how to make yourself desirable, fascinating? Do *you* know how to make the man you want for your husband interested in you, how to win his love and affection, how to inspire the proposal? Do *you* know what men admire most in women, what they like to talk about, what makes a woman seem beautiful to them?

No girl or woman should be without this remarkable course. Even the married woman will find in it a wealth of valuable information. The present edition is expected to go quickly, and you are urged to send for your set at once.

Free Examination Send No Money

Don't send any money—just the coupon below or a postcard. Your set of "The Art of Attracting Men" will be sent to you at once in a plain wrapper. When it arrives, give the postman only $3.00 plus postage. You have the guaranteed privilege of returning the books within 3 days of their arrival and having your money returned promptly if you are not delighted with them.

Don't put it off. Send for your set now. Read the chapter called "Anthony and Cleopatra." Don't fail to read "The Women Men Admire," and "Mistakes that Drive Men Away." After reading these fascinating chapters, if you do not want to read the many others, simply return the course and your money will be refunded without question.

Mail this coupon, or a postcard, NOW, while you are thinking of it. Address Psychology Press, Dept. 110, 6342 Delmar Blvd., University City, St. Louis, Mo.

PSYCHOLOGY PRESS,
Dept. 110, 6342 Delmar Blvd., University City, St. Louis, Mo.

You may send me, *in plain wrapper*, your course "The Art of Attracting Men." I will pay the postman only $3.00 plus postage, in full payment for the eight books on arrival. If I am not delighted with my purchase I have the privilege of returning it within 3 days and you agree to refund my money without question.

Name.....

Address.....

(Price outside U. S. $3.25, cash with order)

If apt to be out when postman calls you may send $3.00 with coupon

How I Saved My Hair!

The Tragedy of Baldness

By ALBERT WOODRUFF

WHEN the barber told me my hair was getting thin I merely smiled and let it go at that. When my wife said, "Bert, I do believe you are becoming bald," I gave a little laugh and passed it off with a jesting remark. I took the gibes of my friends in the same spirit—and I laughed when the comedian at the theatre made his "cracks" about candidates for the "bald-headed row."

But it wasn't until my business associates commenced to notice that I was rapidly becoming bald and gray that I worried. For while I was just as full of pep and vim as I had ever been—while my business judgment was just as keen as ever, yet I worried for fear my associates might think of me as heading toward the "has been" class. I decided to try to save my hair—if it could be saved.

Then I became a slave to hair tonics. If a tonic was new I bought it on sight. I tried every kind of shampoo that I heard of. I was a victim of the barber's wiles. The money I spent—and all to no purpose. My hair continued to come out just as fast as it ever did before I had tried to stop it. Every time I combed my hair it told the story.

How I Prevented Baldness

One day I read a very interesting advertisement by the celebrated Physical Culturist, Bernarr Macfadden. Now, it so happened that I had seen Mr. Macfadden several times and I knew that he himself had wonderful thick hair. Naturally I was interested—although it was news to me that Mr. Macfadden had made a study of the hair and had written a book on the subject, entitled, "Hair Culture."

In the advertisement Mr. Macfadden said he was amazed to learn how little really authoritative information had been written about the proper care of the hair and scalp. He said that one need not let the hair grow thin and gray. He said that if the hair is falling out or getting gray a reasonable amount of proper care will restore it, unless one is completely bald. And this same care will keep the hair strong and healthy throughout life. He spoke of simple, natural and effective methods for treating the hair and scalp by following a few laws of nature. Then he casually mentioned that he was startled at the tremendous demand that existed for his comprehensive work. In fact, the first edition of his treatise was very quickly sold and a new edition had to be printed to take care of the orders that were flooding in on each mail.

I made up my mind right then that since Mr. Macfadden had written the book it was sure to be very practical—and the fact that so many had been sold clearly proved to me that the treatise must be filling a popular demand.

So I just jotted my name and address down on the coupon and returned it. When I received the book on five days' Free examination I immediately read it very carefully and that very same night I started to follow the few simple rules. I must confess that within a very short time I noticed a decided improvement in the growth of my hair—it became thicker and more glossy. Then dandruff disappeared. Today, after following the rules laid down in this new method, I have just as fine a head of thick hair as you would see on any man—even a young man of eighteen or twenty has no thicker or glossier hair than mine. In fact, many haven't anywhere near such fine hair. The grayness has all disappeared and my hair has the glowing color of youth. My wife and children also adopted the rules which we discovered in Mr. Macfadden's treatise entitled "Hair Culture" and their hair is the admiration of all their friends. If you will examine the book I am quite sure that you will agree with me that it is one of the most valuable—if not the most valuable—and instructive book ever written on Hair Culture.

Albert Woodruff.

"Only a short while ago my hair was falling out by combfuls, yet today I have fine, thick hair, with not the slightest trace of baldness or dandruff."

Women! Keep Your Hair Youthful

If your hair is graying prematurely you have every reason to hope that it can be stopped and that much can be done toward restoring it to its original youthful and becoming color.

If it is losing its luxuriant quality and glossy sheen the few simple rules taught by Bernarr Macfadden in his new book HAIR CULTURE will enable you to bring about an almost unbelievable improvement. Why spend time and money at the hair dresser's when you can give your hair a better home treatment in only a few minutes a day by this new method? You can easily have hair that is wonderfully silky in texture and your scalp can be cleansed of every trace of dandruff or scurf.

Send No Money

If you would like to take Mr. Woodruff's advice we will gladly let you examine "Hair Culture" for yourself, without obligation, and see how easily you can follow the methods that should bring new life, new lustre and luxuriance to your hair. Don't send one cent in advance—just fill in and return the coupon and the book will come to you by return mail. When the postman hands it to you, deposit only $2.00 with him. Then after you have kept "Hair Culture" for 5 days—after you have tested the methods—if you are not absolutely satisfied return the book to us and your money will be promptly refunded. If, however, you decide to keep this remarkable book, as you surely will, there are no further payments of any kind to be made—the book becomes your property for the one sum of $2.00 which you deposited with the postman.

MACFADDEN PUBLICATIONS, INC.
Dept. 10
119 West 40th Street, New York

MACFADDEN PUBLICATIONS, INC.
Dept. 10
119 West 40th Street, New York

Without obligation on my part, please send me a copy of Bernarr Macfadden's Book, giving me all of Nature's simple methods for preserving and beautifying the hair. I will pay the postman $2.00 on arrival, but I also have the privilege of returning the book if I desire and you will refund my deposit.

Name.....

Address.....

.....

Bernarr Macfadden's Secrets of Hair Culture

These chapter titles will give you an idea of the scope and value of this remarkable book.

Bernarr Macfadden. Note his thick, luxuriant, healthy hair

Hair as an attribute to beauty.
Facts everyone should know about hair.
Care of healthy hair.
How to care for baby's scalp.
Facts about soaps and shampoos.
The cause of hair troubles.
Dandruff.
Dry Hair, Oily Hair, Split Hair
Falling hair.
Baldness.
Gray Hair.
Hair Dressing.
Eyebrows and Eyelashes.
Hair tonics.
Superfluous Hair

Wonderful Clay Brings New Beauty to Every Skin!

Almost at once the complexion becomes clear and beautiful through this amazing scientific discovery.

SCIENCE is giving new complexions for old through a marvelous new discovery! Dull, coarse, blemished skins are being transformed into exquisite softness and smoothness—almost at once. Years of scientific research and experiment have finally revealed the elements which, when combined in certain exact proportions, remove the dead scales on the surface of the skin, clear the pores of every impurity, and leave the complexion as clear and charming as a child's.

The skin is provided by nature with millions of tiny pores with which to expel acids and impurities. When dust bores deeply into these pores and clogs them, the impurities remain in the skin. The result is not always noticeable at first. But soon the complexion becomes dull and harsh. Suddenly the face "breaks out" in pimples and blackheads. And if the impurities are still allowed to remain, the complexion becomes ruined entirely.

The New Discovery Explained

Certain elements, when correctly combined according to a chemist's formula, have been found to possess a powerful potency. These elements, or ingredients, have been blended into a soft, plastic, cream-like clay, delicately scented. It is applied to the face with the finger tips—just as a cream would be applied.

The name given to this wonderful discovery is Complexion Clay. The moment it is applied, every one of the millions of tiny pores in the skin awaken and hungrily absorb the nourishing skin-foods. In a few minutes the clay dries and hardens, and there is a cool, tingling, pleasant sensation as the powerful clay draws out every skin impurity. You will actually feel the tiny pores breathing, relaxing, freeing themselves with relief from the impurities that clogged and stifled them.

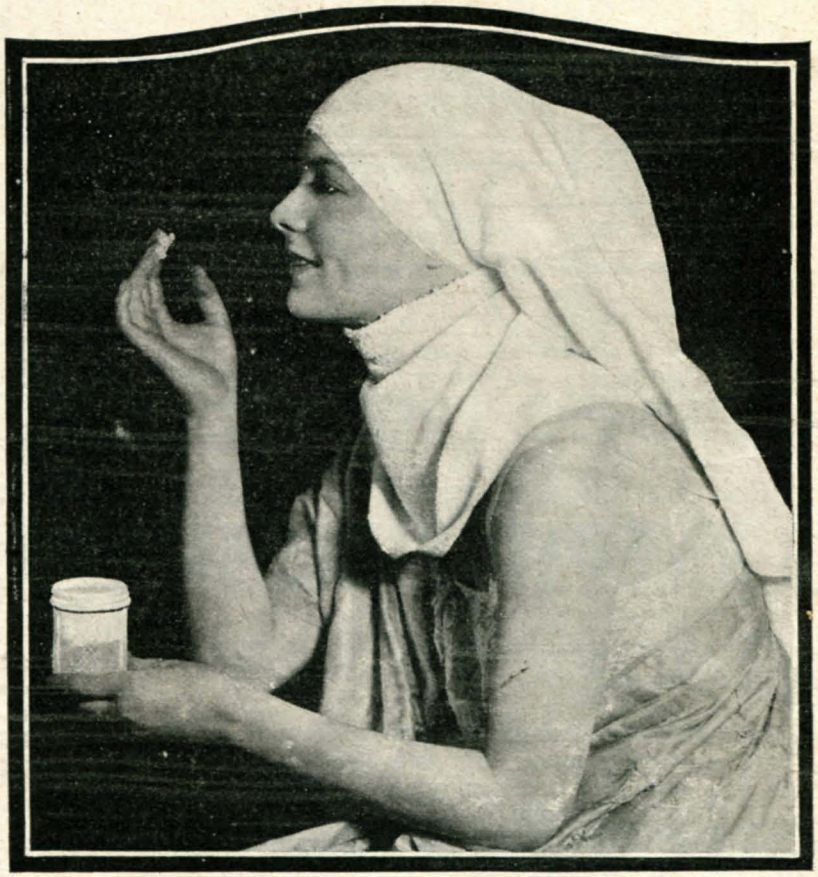
Allow Complexion Clay to remain for a little while. You may read, or sew, or go about your household duties. All the while you will feel the powerful beauty clay doing its work, gently drawing out impurities and absorbing blemishes. A warm towel will soften the clay, and you will be able to roll it off easily with your fingers. And with it you will roll off every scale of dead skin, every harmful impurity, every blemish. A hidden beauty will be unmasked—beneath the old complexion will be revealed a new one with all the soft, smooth texture and delicate coloring of youth!

Removes Pore Poisons At Once

Complexion Clay does not cover up blemishes and impurities—but removes them *at once*. It cannot harm the most sensitive skin. There is a feeling almost of physical relief as the facial pores are relieved, as the magic clay draws out the accumulated self-poisons and impurities. You will e amazed when you see the results of only one treatment—the whole face will appear rejuvenated. Not only will the beauty of your complexion be brought to the surface but enlarged pores will be normally closed tired lines and bagginess will vanish, mature lines will be softened. Complexion Clay brings life and fervor to every skin cell and leaves the complexion clear, firm, smooth, fresh-looking.

Send No Money

In order to enable everyone to test this wonderful new preparation, I am making a very special offer. Don't send any money—just the coupon or a postcard and a jar of Complexion Clay will be sent to you at once, freshly compounded. Although it is a $3.50 product and will cost that much ordinarily, you may pay the postman only $1.95 (plus a few cents postage) in full payment. And despite this special low introductory price you have the guaranteed privilege of returning the jar and having your money refunded at once if you are not delighted with results.



This marvelous new discovery absorbs blemishes and impurities, lifts away the coarse, dull, unsightly complexion and unmasks an entirely new complexion underneath—one as soft and smooth and charming as a child's! It cannot harm the most sensitive skin.

What Users Say

Read These Letters!

I received my jar of Complexion Clay and I am very much pleased with it. My face was full of blackheads, wrinkles and large pores, and there is a great improvement already. I cannot say enough for it; every woman that has facial troubles ought to give it a trial. It's wonderful.

Mrs. A. B. Scott, Geneva, N. Y.

I think your Complexion Clay is wonderful and no woman should be without it, and you can tell anyone who wants to write to me regarding same. I used it twice and my friends say I am looking fine. I want to thank you for letting me know of your wonderful preparation. Thanking you again and a thousand times again. Nothing I ever tried can beat it.

Mrs. A. Pothe,
137 N. 7th St., Brooklyn, N. Y.

Just to inform you that your Complexion Clay has been received, and I have already tried it and am very pleased with it, so I thank you

Mrs. Florence Gnazzo,
2416 First Ave., New York.

ONLY $1.95

Send No Money

Don't fail to take advantage of this free-to-your-door introductory price offer. No matter what the condition of your complexion may be, Complexion Clay will give it a new radiant beauty—for it is a natural preparation and works *always*. You won't have to wait for results either. They are immediately evident.

Just mail the coupon—no money. A postcard will do. Test for yourself this remarkable new discovery that actually lifts away blemishes and reveals a charming, beautiful new complexion. Don't delay. Clip and mail the coupon now while you are thinking of it. Marguerite Sullivan, Dept. 2210, 9th and Spruce Sts., Philadelphia, Pa.

Send No Money

MARGUERITE SULLIVAN, Dept. 2210,
9th and Spruce Sts., Philadelphia, Pa.

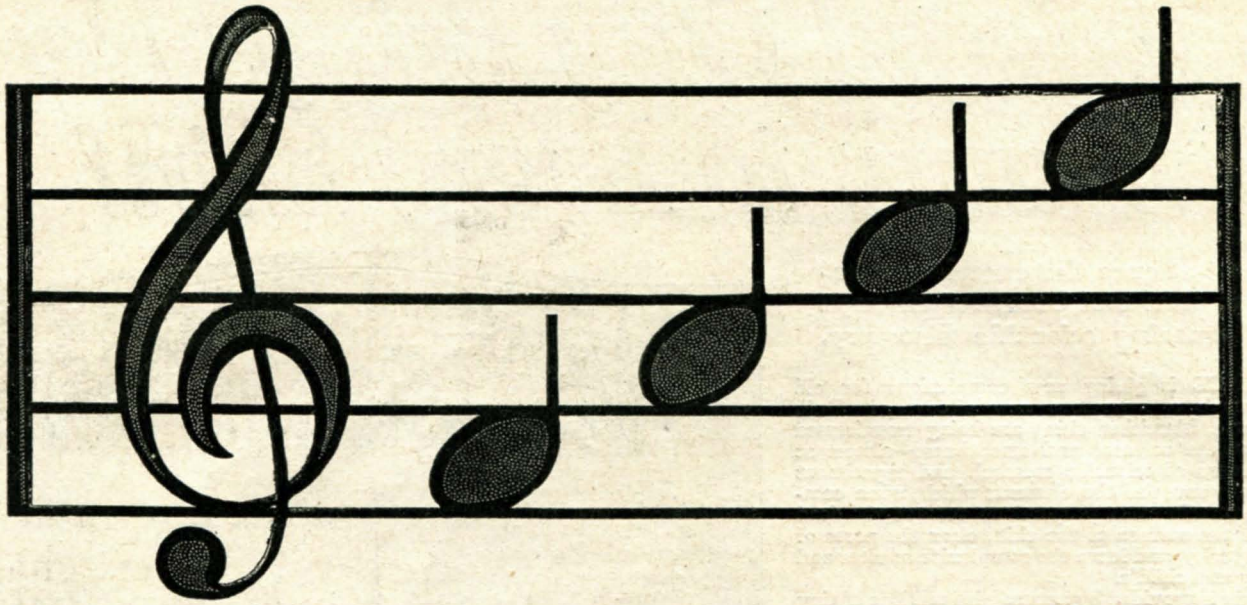
Without money in advance, you may send me a full-size $3.50 jar of Complexion Clay. When it is in my hands I will pay the postman only $1.95 (plus few cents postage) in full payment. I retain the privilege of returning the jar within 10 days and having my money refunded if I am not surprised and pleased with the wonderful results. I am to be sole judge.

Name.....

Address.....

City..... State.....

If you wish, you may send money with coupon and save postage. (Price outside U. S., $2.10, cash with order.)



See How Easy It Is To Learn Music This New Way

YOU know how easy it is to put letters together and form words, once you have learned the alphabet. Playing a musical instrument is not very much different. Once you learn the notes, playing melodies on the mandolin, piano or violin is simply a matter of putting the notes together correctly.

The first note shown above is F. Whether you are singing from notes, playing the piano or banjo or any other musical instrument, that note in the first space is always F. The four notes indicated are F, A, C, E, easy to remember because they spell the word "face." Certain strings on the mandolin, certain keys on the piano, represent these same notes—and once you learn them, playing melodies on the instrument is largely a matter of following the notes.

Anyone can now learn to play a musical instrument at home, without a teacher. A new simplified method of teaching reduces all music to its simplest possible form. You can now master singing, piano-playing, or any musical instrument you wish right at home, quickly, easily, without endless study and practice.

Practice is essential, of course—but it's fun the new way. You'll begin to play melodies almost from the start. The "print-and-picture" method of self-teaching is fascinating; it's simply a matter of following one interesting step after another. You learn that the note in the first space is F, and that a certain key on the piano is F. Thereafter you will always be able to read F and play it whenever you see it. Just as you are able to recognize the letters that make a word, you will be able to recognize and play the notes that make a melody. It's easy, interesting.

You don't have to know anything whatever about music to learn to play a musical instrument this new way. You don't have to pin yourself down to regular hours, to regular classes. You practice whenever you can, learn as quickly as you please. All the intricate "mysteries" of music have been reduced to a method of amazing simplicity—each step is made as clear as ABC. Thousands have already learned to play their favorite musical instruments this splendid new quick way.

SUCCESS

"Since I've been taking your lessons I've made over $200 with my violin. Your lessons surely are fine."—Melvin Freeland, Macopin, N. J.

"When I started with you I knew nothing about the Cornet or music but now I can play almost any piece of music."—Kasson Swan, Denmark, Col. Co., Nova Scotia.

"I want to extend the heartiest approval of your Piano Course. It has done more for me than years of other lessons."—Moxie N. Lewis, 319 Jefferson, Neosho, Mo.

YOU CAN LEARN TO PLAY BY NOTE ANY ONE OF THESE MUSICAL INSTRUMENTS

Courses for beginners or advanced pupils. Write at once for free book

Piano	Drums and Traps
Organ	Harmony and Composition
Violin	Sight Singing
Banjo	Ukulele
Clarinet	Piccolo
Flute	Trombone
Harp	Guitar
Cornet	Hawaiian Steel Guitar
Cello	Voice and Speech Culture
Saxophone	Automatic Finger Control
Mandolin	

You Can Play Your Favorite Instrument Three Months From Today

If you are dissatisfied with your present work, let music act as the stepping-stone into a new career. If you long for a hobby, a means of self-expression, let music be the new interest in your life. If you wish to be a social favorite, if you wish to gain popularity—choose your favorite instrument and, through the wonderful home-study method of the U. S. School of Music, play it three months from today.

You can do it. Youngsters of 10 to 12 years have done it, and men as old as 60 have found new interest and enjoyment in learning how to play a musical instrument. You don't have to listen while others entertain any longer. YOU can be the center of attraction, the talented person who holds the audience fascinated.

Is it the piano you wish to play, the mandolin, the violin, the saxophone? Do you want to learn how to sing from notes? Are you eager to be able to play "jazz" on the clarinet, the banjo?

Free Book Explains New Method

It costs you nothing and obligates you in no way whatever to send for our free book called "Music Lessons in Your Own Home." Everyone who is interested in music should send at once for this valuable book. It not only explains the wonderful new simplified method of learning music, but tells about a special short time offer now being made to music-lovers.

Mail this coupon at once for your copy. Remember, it obligates you in no way whatever—it's free. But act now before the supply is exhausted.

Please Write Your Name and Address Very Plainly, so that there will be no difficulty about the booklet reaching you.

U. S. SCHOOL OF MUSIC
1810 Brunswick Building New York

U. S. SCHOOL OF MUSIC
1810 Brunswick Bldg., New York City

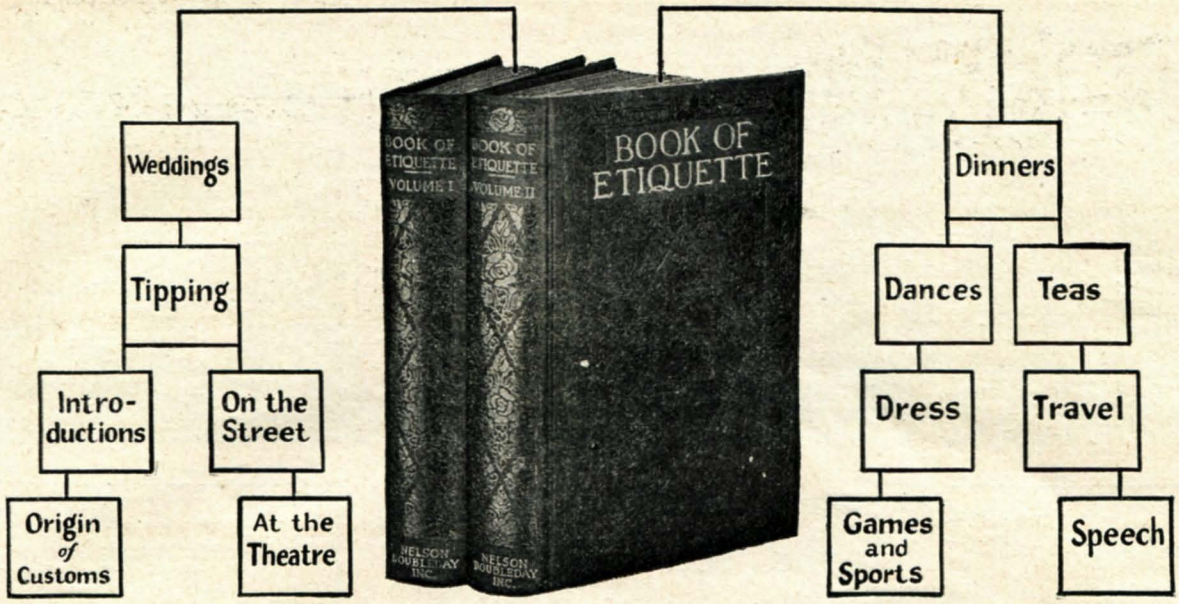
Please send your free book, "Music Lessons in Your Own Home," and particulars of your Special Offer. I am interested in the following course:

.....
(Name of Instrument or Course)

Name.....
(Please Write Plainly)

Address.....

City..... State.....



The Famous "Book of Etiquette" Sent FREE for Examination!

THE book that is giving new poise and charm to thousands, that is protecting men and women from embarrassment, that is opening up to them the doors of social success! Sent to you absolutely without cost or obligation to examine at will, to read and study as much as you please!

We make this unusual offer for one reason only: We know that once you *see* this famous two-volume set, once you read some of the fascinating chapters and see what the books are going to mean to you, you will not want to be another day without them. Problems that may have puzzled you for years, that may be constantly recurring to your embarrassment and discomfort, are solved instantly — the moment you turn to the chapter in which the subject is covered.

The Book of Etiquette is the most complete, authoritative and interesting work on the subject available today. That is why we are willing to send you the books free, so that you may prove it to yourself. Nothing is omitted, nothing forgotten. Yet everything is explained so clearly, so concisely and in such an interesting manner that you will not waste a minute. Every page you read will be rich in valuable information, filled with facts of utmost importance to you in your daily contact with men and women.

The Squares Above

show you only a few of the subjects covered in the Book of Etiquette. The set should be in every home. Many occasions arise when its help proves invaluable. Among other things it tells you

—*how* to dress at all times and on all occasions
—*what* French words in frequent usage mean
—*how* to write to titled people
—*how* to introduce people to one another
—*how* engaged people should conduct themselves
—*how* to acknowledge gifts
—*how* to entertain guests on all occasions
—*how* to overcome self-consciousness
—*how* to become a pleasing conversationalist
—*how* to decorate the home for a wedding
—*how* a bachelor should entertain
—*what* to wear to a masquerade ball.

Gives You a New Poise, a New Charm

By telling you exactly what to do, say, write and wear at all times and under all circumstances, the Book of Etiquette gives you a new poise. Whether you are at the theatre, the dance, the wedding, the garden party—no matter *where* you happen to be, or what celebrities happen to be present—you will be at ease. You will not make blunders that embarrass you. You will not commit breaches that make people misjudge you. Your personality will assume a delightful new charm and dignity that people will recognize and admire as a characteristic of fine breeding.

If you have ever dined with people of excellent manners, you can guess how embarrassing it would be to take olives with the fork when they should be taken with the fingers. You know how humiliating it would be to use the wrong fork for the salad, to use the finger-bowl incorrectly, to eat asparagus in an awkward, boorish manner. Problems like these are arising constantly—not only at the formal dinner but everywhere when well-bred people come together.

Why wait until some impulsive blunder places you in an awkward, embarrassing position? Why not be so well versed in the rules of good form that you *cannot* make a blunder, that you cannot do or say anything that will make people misjudge and underestimate you? Let etiquette be the armor that protects you from all embarrassment, that makes you calm, well poised and dignified at all times, in company with all people.

Become a "Good Mixer"

Some one once said, "A man or woman of good manners is always welcome." We all know how true this is. Good manners make good company. There is something about the well-mannered, well-poised person that attracts you, wins your admiration. He "mixes" well whenever a crowd gathers. His personality dominates in the drawing room or on the dance floor. Hostesses like to invite him; women like to be in his company.

It is always the man or woman of poise and fine bearing who becomes a "good mixer." Take yourself, for instance. Think what it will mean to you to be able to say the right thing at the right time, do and wear only what is absolutely correct—and *know* that it is correct. Why, your conversation will become so interesting, your manner and personality so charming, that people will never have enough of your company!

Send for Your Set Today!

Here is your opportunity to examine the famous Book of Etiquette free. Are you going to let it slip by—or are you going to send for it at once? It is *your* opportunity, remember, *your* chance. It costs you absolutely nothing whatever—you are not obligated in any way to keep the books if you yourself do not want to after the free period. If you do decide to keep the books—as we are quite certain you will—just send us $3.50 in full payment. Otherwise you may return the books and you will not be under any obligation to us at all.

We urge you to mail this coupon NOW. We do not know how long we will be able to extend this free examination offer. Why put it off? You know you want to see the books. Mail the coupon this very minute, while you are thinking of it! Nelson Doubleday, Inc., Dept. 810, Garden City, N. Y.

NELSON DOUBLEDAY, Inc., Dept. 810
Garden City, N. Y.

I accept your free examination offer. You may send me the complete two-volume set of the Books of Etiquette for 5 days' examination. I will either return the books within that time or send you only $3.50 in full payment. I am not obligated to keep the books unless I am delighted with them.

Name .....

Address .....

☐ Check this square if you want these books with the **beautiful full leather binding** at five dollars with five days' examination privileges.

Union, Oregon,
Dec. 22, 1921

Mr. Chas. F. Haanel,
St. Louis, Mo.

Dear Mr. Haanel:—

Part 23 on money consciousness has been read by me for the fifth time; and prompts me to write these so inadequate words, because there are no words coined in any language that can convey the import of any part of the Master Key. The exposition of the conflict between labor and capital, rich and poor, is so scientifically and so simply put forth that only the brain with no receptive cells can refuse to accept the evidence of its truth.

As in all other questions that I was so sure that I was right and therefore so radical, but especially the rich and poor question, I find that I was radical but radically wrong. It is so plain now that if we have the overly rich and the exceedingly poor, it is because the people make it so through their ignorance, and that the fault of an "artificial distribution" lies with the majorities by not complying with the law, the law of all other laws, the law of creation which is "The Creative Power of Thought."

The Master Key has made a discontented hating attitude in me into a contented, harmonious, loving and happy man. I would not sell my knowledge that I found in the store-house of the Universal and unlocked with your Master Key, for all the gold that there is, because I could not enjoy it without this knowledge.

My future? It is bright and many years ahead. Mr. Haanel, I thank you and I want to serve you. If my services are of any value, say the word.

Yours with love,
JOHN B. HUNTER.

Boston, Mass.

Dear Mr. Haanel:

The English language is inadequate to express my appreciation of your Master Key System. It is indeed a key for those who read it with understanding, for they will find that it unlocks all the good things of life.

Only as one is attuned to the harmonies of inspiration can he bring forth and convey to a hungry world such soul satisfying Manna as the Master Key.

I have been a student of Metaphysics for 35 years, and have never read anything on the subject as clear, comprehensive and helpful as the Master Key. May you reach the millions hungering for this illuminating Truth which will bring happiness and the joys of a living life.

Yours truly,
ARTHUR E. STILWELL.

NOTE:—Mr. Stilwell is the builder of the Kansas City and Southern Railroad, the Kansas City Interurban Belt Railroad, Kansas City, Omaha and Eastern Railroad, Kansas City, Mexico and Orient Railroad, Port Arthur Ship Canal.

which can unlock the secret chambers of success and throw wide the doors which seem to bar men from the Treasure House of Nature. This may seem "too good to be true," but remember that within a few years science has placed almost infinite resources at the disposal of man; is it not possible that there are other laws containing still greater possibilities? Get the Evidence and find out for yourself.

Marshall, Texas,
July 10, 1920.

My Dear Mr. Haanel:

I have finished the Master Key Lessons. My appreciation of them can never be even approximately estimated, nor their value measured. In politics, religion, art, science, law, medicine, the world of today demands, and has a right to expect, results.

Estimated upon the basis of purely material results alone, your Master Key System would challenge the wonder and admiration of the world. But the true value of Master Key lessons is to be found in their spiritual content—their power to elevate, enlighten, broaden, ennoble, enrich, and exalt the earnest, sincere student, through a revelation, unfoldment, development process, whereby the true nature and possibilities of man are disclosed.

A concrete example? In two months Master Key Lessons brought me $2,400.00—exactly $100 each. This "happened" at a time when least expected, because at a time when business in my line is always at its lowest ebb. But the skeptic will say: "It just so 'happened'." You remember how skeptical I was? How much inclined to complain? But the Master Key gets results, not according to one's "faith," in respect to the obscure and mysterious, but according to one's fidelity in applying the principles you so clearly elucidate.

There is no condition in life that cannot be changed for the better by a conscious, intelligent, and purposeful application of the laws of creation, as explained in the Master Key. I hope that everyone who reads this letter will accept this statement and act upon it for self-betterment and the betterment of mankind.

Gratefully yours,
C. C. REDDOCH.

FREE! There is no charge for the Evidence. It is FREE!

CHARLES F. HAANEL, 212 Howard Bldg., St. Louis, Mo.

Send me the Evidence without cost or obligation of any kind.

Name .....

Address .....

Post Office ..... State .....

☞ **NOTE—*Tomorrow, today* will be *yesterday*, get the Evidence TODAY! NOW!** ☜

PHYSICAL CULTURE

BERNARR MACFADDEN'S VIEWPOINT

The Progress of Physical Culture

THE Physical Culture Exhibition, to be held at Madison Square Garden for the week beginning October twenty-third, will present evidence of the progress of the Physical Culture movement that is truly extraordinary in character.

PHYSICAL CULTURE Magazine has been in existence nearly a quarter of a century. It has taken a larger part of this time to acquire a real start. It is only in the last five years that we have had the vision to see the possibilities of this movement. PHYSICAL CULTURE has a serious purpose to put over. We cannot publish light, frothy things that are meaningless and useless. Every article or editorial has a definite purpose in view. We want to educate and at the same time entertain our readers. The problems associated therewith are not by any means easy.

The Physical Culture Exhibition will present a living exemplification of our progress. There you will find an entertainment that will be devoted entirely to features that exalt strength and health.

A strong man will be there in all his glory. His muscles, massive in appearance, illustrate the possession of vitality and vigor which we most emphatically need as a nation.

A competition has been arranged for the purpose of selecting the world's strongest man. We have had many contenders for this title. Many claim to be champion strong man of the world. No contest for the purpose of selecting the world's strongest man has ever been held before which was open to all comers.

The World's Strongest Man

THIS particular contest ought to be of great interest to every one who likes to view splendid exemplifications of physical manhood. Strong men are usually beautiful specimens of human physical life. They present in an amazing degree the possibilities of development of the muscular system.

And a contest has also been arranged to pick out the world's strongest woman. This contest will undoubtedly prove the statement we have made on a great many occasions that strong women do not develop the same character of muscles that are found in strong men. The very strongest women in many cases have the round, smooth symmetry which is always a part of superior femininity. A strong woman is really a feminine woman. The stronger she is, the more clearly she is marked by the instincts of femininity. Weakness is not necessarily part of the feminine nature. Weakness always indicates the lack of characteristic which clearly defines woman's nature. The more muscular strength the woman develops, the more closely she is allied to what might be termed the highest development of the feminine sense.

This particular contest ought to bring out some splendid specimens of feminine strength which in many cases will be associated with beauty of face and form. Competitors are invited to enter all contests.

The managers in charge of this exhibition have been appointed by the officials of the PHYSICAL CULTURE Magazine. They have planned an entertainment of huge proportions and are also presenting interesting and instructive exhibits of all the various means, commercial and otherwise, that can be recommended for aiding health and vigor.

Physical Culture Cures

ONE of the unique features of the show will be what the management has termed living testimonials. In a former issue of this publication thousands, who have been cured by Physical Culture methods of very serious ailments, have been invited to come to New York at the expense of the management and devote their time while here to talking to those who may be interested in their particular cases.

The astounding cures that have been made through Physical Culture methods from a number of so-called incurable diseases have been doubted by many who do not know the possibilities of this method of curing disease. For the purpose of convincing these "Doubting Thomases," a number of these cured patients have been invited and they will be prominently located in the exhibition, and visitors can learn from their own lips the full and complete detail of their startling experiences.

Some years ago while we were conducting a crusade against patent medicines, we found that the officials of one company, who were manufacturing a nationally advertised remedy, were asking the women users of their remedy to address personally the lady who had invented this medicine. We learned upon investigation that this lady had been dead and buried for many years. And in order to prove our statement we published a photograph of her tombstone. This was convincing evidence, and we believe that the living testimonials that the officials intend to present at the Physical Culture Exhibition will also be convincing evidence of another sort. When you have talked to patients who have been cured—in some cases literally dragged from the jaws of death, you cannot for a minute doubt the honesty of their statements. Their earnestness and enthusiasm convinces you as nothing else can. This interesting evidence should help to entertain and instruct you at this great celebration.

$1,000.00 Beauty Contest

THEN there is the $1000 prize for the most beautifully developed woman.

And the $1000 prize for the most splendidly developed man.

These contests should bring some extraordinary examples of superior manhood and womanhood from all parts of the country. In former exhibitions, wonderful types of manly and womanly strength and beauty were entered in these competitions. There is every evidence to indicate that there will be many entries in this particular feature of the great show.

Beauty and strength cannot be extolled too highly. Strength stands for a muscular development that means

superior manhood in practically every instance. It insures one the possession of a body that is strong in every particular and with this strength you usually find the symmetry that goes with strong manhood.

And in extolling strength of this sort we are not by any means bowing down to the physical life alone. Physical Culture has presented so many instances where it has been proven beyond all possible doubt that the body controls the mind about as much as the mind controls the body. Therefore in developing strong manhood we are not putting the physical side of life above the mind. We are merely trying to exemplify the great truth that in order to have a splendidly capable mind, you must have a strong vital body.

And remember also that beauty is more than skin deep. Beauty of body indicates something more than symmetrical outlines. A beautiful woman represents a harmony of development throughout the entire body. Every organ of the body, to a certain extent, has the same symmetry which is evident from the outside.

A beautiful woman should have a better brain and a more capable body throughout than one who is malformed or defective in a physical way. Therefore, in extolling the beauty of woman we cannot be blamed for lauding the physical at the expense of the mental and spiritual. Then too, beauty of the right sort is accompanied by superb vitality. It indicates, in practically every instance an unusual capacity for motherhood and in praising this particular feminine characteristic we are assisting in the development of the particular kind of women that make good wives and good mothers and are therefore capable of maintaining superior homes.

Madison Square Garden is the largest building of its kind in the world. It is a huge structure with the seating capacity of nearly fifteen thousand. Nearly the entire seating capacity has been left intact. Some parts of the building will be used for exhibits. It is the intention of the management to conduct what many would call a three ring circus, though in this instance the entertaining features will be presented on two stages, one at each end of the hall, and in the center of this great structure will be a swimming tank in which swimming and diving and other water features will be presented. On the two stages referred to, will be held some of the contests that can be conducted in such a small space, and there will be many other features that will be entertaining to the Physical Culture audiences.

The posing of the $1000 contestants in the Perfect Man—Perfect Woman contest will undoubtedly be a factor of great interest. Here you will have an opportunity to see superbly developed men and beautifully formed women posing in costumes that will exhibit their splendid bodies in all their strength and beauty.

Prizes for Beautiful Babies

THEN there is the Baby Show feature. A prize will be given for babies. Every mother of a strong, healthy baby is invited to enter this contest. Those who are interested in babies cannot afford to miss this particular feature. Here you ought to find entertainment of a superior order, and at the same time secure definite information about the best method of rearing babies. The babies exhibited in this show will be the product of Physical Culture mothering. They will be fed and clothed and cared for in accordance with the principles of this magazine from its first issue.

Many minor prizes are offered which should be of unusual interest.

A prize is offered to the woman who possesses the most perfect foot.

Another prize is offered to the full-grown woman who possesses the smallest foot.

A prize will be given to a woman who has the longest and most beautiful hair.

Then there is also a prize for the most beautiful head of bobbed hair.

A prize will be given to the man who has the fullest and most beautiful hair.

Age will be a factor in deciding the last three contests. For instance, a man or woman fifty years of age who has a head of hair like that of a younger man or woman, will naturally get the prize—so many points will be allowed for age, and so many points for beautiful hair.

A prize will be given to the largest family of living children by one father or one mother.

There are prizes for the most perfect sets of teeth. One prize to a woman, another prize to a man. Age will be a factor in deciding this contest. Men or women fifty years of age with a perfect set of teeth will naturally be given the preference to those who are younger. A committee of dentists will examine the contestants and award the prizes.

These are merely a few of the features that will be presented in this great Physical Culture Exhibition.

Carrying Our Message of Health

WE know that every reader who is within a reasonable distance of New York, will make it his or her special business to visit this exhibition. It will be the greatest feature of its kind that has ever been held. We believe that it will be a tremendous factor in extending the Physical Culture idea. It will entertain and at the same time help to an extraordinary extent, educate the visitors as to the real meaning of Physical Culture. What it has done, and what we expect it to do in the future.

When we first started out with this idea we planned to form a colony, somewhere in the United States, of those who were especially interested in this health reform. We thought that in this way we could collectively enjoy the fruits of natural living and be able to enjoy life with more harmonious persons.

We have given up this idea. It is our intention now to convince this entire nation as to the possibilities of Physical Culture Life. Every man and woman needs health of the supreme sort. They need the life and joy which comes to those who possess this priceless gift.

The Physical Culture Exhibition will help to carry our message to a multitude of people who have not read our magazine and who have not had an opportunity to come in direct personal contact with the invaluable message that we have to deliver. It will bring increased health and happiness into the lives of thousands of people who are now merely hibernating. They should possess the vitality that gives you the throbbing, buoyant forces which are necessarily a part of supreme health.

Send your friends to the Physical Culture Exhibition. Come yourself. Help support this monumental effort on our part to send our message to all those who are now in the mental and physical darkness that is synonymous with ill health.

Bernarr Macfadden

Don't Kill Yourself Keeping Young

By Dr. Frank Crane

ALFRED WILSON, a seventy-two-year old widower of London, went to Vienna and had his youth restored by Prof. Steinach's thyroid gland operation about three months ago.

After this Mr. Wilson's physical and mental activity was restored to a marvelous degree; hair began to grow again on his bald head.

He had announced his forthcoming marriage to his Viennese nurse shortly after his return to London.

The demand to hear his story was so great that after delivering one lecture in a suburb, he hired the Royal Albert Hall, one of the largest in the city for the next discourse.

On May 11th he received a letter from Prof. Steinach asking him to have moving pictures of himself taken while going through setting-up exercises to show how active and muscular he had become.

On May 12th his landlady found him dead in his bed.

The same doctors who discovered ingenious reasons for his rejuvenation found just as satisfactory reasons for his sudden taking off.

One doctor suggested he had run down like a clock whose mechanism had worn out.

Other physicians think his death was due to a combination of heart trouble and indigestion.

Every once in a while somebody comes along and discovers a new fountain of perpetual youth. Old age is to be abolished.

The plan may be simply to stop eating as in the illustrious instance of the Venetian gentleman, Cornaro, and this perhaps is the least harmful of all suggestions.

Or it may be the drinking of tar water which Bishop Berkeley said, "is of a nature so mild and benign and proportioned to the human constitution as to warm without heating, to cheer and not inebriate."

Or it may be some ingenious system of exercises, the graft of glands taken from the lower animals or the injection of one or another kind of serum.

Up to the present writing, however, the days of a man's life continue to be three score years and ten, and if by reason of strength they be four score years yet is their strength labor and sorrow.

Common sense and intelligent insight into the nature of the case would seem to indicate that it is the business of an old man to adjust himself to old age and not indulge in any fanatic hope of becoming young again.

A man of our acquaintance, aged about sixty, had been frequently urged by his acquaintances to go to a certain physical trainer who by a series of scientific exercises would take the stiffness out of his joints and give him back his legs of twenty-one.

He was told that many men past middle life had tried this with great success.

He was almost persuaded when one day he brought the subject up in conversation with his family physician. This physician happened to be not only a medicine man, but a scientist and he answered as follows:

"I think that perhaps this expert in physical training may be able to do what he says he can do. He will limber you up and make you feel young again. You will run along all right for a while and then some fine morning you will drop dead.

"The reason of this will be that your heart or your kidneys will give out. The rest of your physical frame may be able to stand the unusual strain upon it and respond satisfactorily, but a man's age is not determined by his brain, his nervous system, his muscles or his digestive apparatus. A man is as old as his kidneys and heart.

"You have been used to a somewhat sedentary life for the last twenty years. The safest thing for you to do is to keep it up. No man who is past fifty can afford, violently, to break the habits of a lifetime.

"If you keep on as you are going, taking moderate exercise, getting plenty of fresh air, drinking plenty of water and eating as little as you can, you may live to a ripe old age or until you get run over by a train. But if you attempt to make a sudden and radical change you are tempting Providence.

"Go on about as you were going. You have always been a smoker and I would advise you to continue in moderation. It doesn't make much difference whether a habit is good or bad if the system has accommodated itself to it. Unbroken habits, unless they are positively injurious, are the best life insurance."

Far be it from me who have no degree in medicine to say that this doctor was right. All I can say is that his advice sounds very sensible.

The frantic effort of many persons on the shady side of fifty to renew their youth comes from a mistaken idea of life and its values. The pleasures of old age are quite as satisfactory as those of youth if we have sense enough to adjust ourselves to them.

The art of life is to live when you live, and the old man who is trying to be young is quite as ridiculous as the young man that gives himself the airs of age.

Man Triumphant

The Physical Culture Ideal Carved from a Block of Marble

By Wainwright Evans

Photograph by Bachrach, N. Y.

"Now there are fine tales in the volumes of the Magi—in the iron-bound, melancholy volumes of the Magi. Therein, I say, are glorious histories of the Heaven, and of the Earth, and of the mighty sea—and of the Genii that overruled the sea, and the earth, and the lofty heaven. There was much lore too in the sayings which were said by the Sibyls; and holy, holy things were heard of old by the dim leaves that trembled round Dodona—but, as Allah liveth, that fable which the Demon told me as he sat by my side in the shadow of the tomb, I hold to be the most wonderful of all."

—"*Silence: A Fable*," *by Edgar Allan Poe.*

DAVID EDSTRÖM, sculptor, companion of kings and of ditch-diggers, and friend of all the world, is carving his whole philosophy of human life—its roots, its meanings, its processes of growth, its great destiny—out of a block of marble. He is making for the human race, whose generations are here today and gone tomorrow, a tombstone that shall laugh at death.

There is a saying, not at all a fanciful saying, that thoughts are things. Sometimes, indeed, they may become stone, and congeal into a white Silence toward which men and women may look from out the heat and pain and bloody sweat of life and be refreshed. Of that sort are the thoughts of David Edström. He has stumbled, fallen, and risen again many times in his forty-eight years of life; he has tasted of sin and despair, and of success and spiritual triumph by turns, like the rest of us; and now out of the fulness of his heart he has an inspiriting message, for the expression of which he has chosen sculpture, the most difficult, rigorously confined, and severely selective of all the arts.

Twenty years ago Edström, whose work was then becoming known, though he was still serving his novitiate as an artist, stood one day in the gallery of the Vatican, in Rome, gazing so intently at the Laocoön that he himself might have been a graven image or a man entranced. The Laocoön is a voice from the pagan world; it is the voice of despair; it is an agonizing picture of Man helpless in the grip of Fate, a plaything and creature of the Gods. As such it expresses in marble, with startling perfection and finality, the theme which runs like a black thread through the warp and woof of Greek art and literature, and which utters itself with most uncompromising and terrifying force in Greek tragedy.

The Laocoön was a typical expression of the spirit of Greek tragedy, symbolizing man in the grip of Fate, the plaything and creature of the Gods. This terribly tragic group was the inspiration for Edström's most monumental work.

Most persons know the story of that poignant group, the father and his two sons in the toils of a cruel and unmerited death imposed on them by Neptune, God of the Sea. Laocoön was a priest of Neptune in the city of Troy at the time when the Greeks sought to avenge the

"Man Triumphant," the gigantic work of art conceived by David Edström, being his reaction to the voice of despair symbolized in the old Greek group known as "The Laocoön." "Man Triumphant" expresses a different interpretation of life, an optimistic conception based on the glory and strength of the human spirit. We believe it is true to life. It expresses achievement, self-development, self-realization. It presents man as a success rather than as a failure. The three figures at the top show three aspects of man, Initiative, Concentration, and Tenacity, the sustained effort that carries on.

abduction of Helen. In his priestly capacity he stood sacrificing in the temple of the god near the blue waters of the Aegean when two great serpents came rushing through the sea toward the shore. So terrible was their aspect that all the people fled, save only Laocoön and his two sons, who remained standing near the sacrificial altar. The serpents first coiled themselves about the two youths; and when Laocoön rushed to their aid, he found himself in the same deadly toils.

The people watched the scene from afar. There arose an agonizing shriek; then silence. The serpents, their horrible mission accomplished, entered the acropolis of the city, passed behind the shield of Triton, son of Neptune, and were seen no more.

One version of the myth has it that Laocoön had angered Neptune, who was hostile to the Trojans, by trying to dissuade the Trojans from receiving into the city the wooden horse which, unknown to them, contained the ambushed Greeks. He even hurled a spear into the horse's wooden side in his effort to save them from the Fate in whose grip they were as helpless and predestined to destruction as he himself would later be in the coils of the serpents.

The story was retold for ages by the Greeks, passed on orally from father to son before men learned to make the marks on stone and papyrus and sheepskin which we call writing. Later the Greek poets and tragedians told and retold it, and sucked greater and greater meaning from the ancient tale. The Romans had their turn at it still later, and Vergil's description of the tragedy is one of the treasures of classic literature. Probably Vergil's rendering of the story was largely inspired by that same great marble group on which young Edström stood feasting his eyes that day in the Vatican. It was the work of the Greek sculptor, Agesander, assisted by two others, and was done probably a little before Vergil's time.

Edström reacted to the Laocoön in a characteristic manner. At first he felt only the Greek view of it, the view devoid of hope, the message of despair. Then his own spirit and view of life rebelled; and he made a resolve, which was that the culmination of his life work as a sculptor would sometime be a vision in marble, modern in spirit and execution, that would take the man-serpent theme of the Laocoön, and reverse and refute its tragic implication. It would be, not Man helpless in the grip of Fate, but Man Triumphant.

He knew it was a daring and perhaps a presumptuous dream; that it was far beyond his present powers. But

The second face of the base of the monument represents the expression of reason, the achievements of man through science. The central dominating figure is called "I Must." It typifies the higher step—the theme of man through will and mentality conquering Nature.

The four sides of the base of Edström's monument, "Man Triumphant," represent the basic factors in human life. The first represents the normal physical life, with a central dominating figure which Mr. Edström calls "Thou Must," expressive of Law. Man lives, first through obedience to these various laws of physical necessity.

he would wait. Some day, when he had lived more, his faculties would be strong enough for so heroic a labor. Thereafter he brooded over the thought continually; and in plastic clay that shaped and reshaped itself under his skilful fingers, he made numberless essays to bring his thought to perfection. As the years passed, and as he grew in wisdom and experience, the clay took now this form, now that, and thus the picture in his mind forever grew and forever simplified itself into terms more and more suited to the sculptor's art, and more and more largely sympathetic and interpretive of life itself.

His dream was of a sermon in stone. Like the Laocoön, it would show the world-old conflict between Man and the Serpent; but it would show Man over-

coming. Nor would it be a mere affirmation of such a conquest, pleasing to the fancy, but devoid of conviction. To mean something it would clearly have to depict more than the final act of triumph; it would have to show how the triumph was attained. The slow and painful steps by which alone mankind attains the crown of life he would show in a series of symbolic reliefs on the four sides of a great pedestal; and above them would tower the conquering central group, three young Titans, standing back to back, slaying the Serpent with their naked hands. In this respect, Man Triumphant would depart markedly and daringly from the method of the Laocoön, since that great work tells no story but merely sets forth the culminating moment of defeat in a tale which needs no relating there because our race knows it only too well.

The third face of the base of the monument expresses the sense of beauty and the development of the emotional nature, portraying the victories of Man through Art. The dominant figure, "I Desire," expresses aspiration—the awakening of the soul. The human spirit has attained vision, eagerness, enthusiasm, and the joy of life as expressed through the various arts.

Young Edström resolved that this great conception of his must show what are the things by which men live; and that it must be wrought convincingly and truthfully in terms of action and achievement; that it must show to the eye not a hazy and abstract ideal that nobody would accept as a rule of practicable action, but rather a robust actuality which would interpret and give meaning to life as we really live it—a thing plainly within the reach of plain men. It must give meaning to the things all of us are doing. It must enter the mind through the eye, a vision borne on a flash of light. Only on such terms could it enter into and influence the heart and mind of the common, average, weak, sinning, aspiring human being.

Such was the purpose with which the young Swedish-American sculptor went his way, both observing life and living it, bending all his powers to the appointed

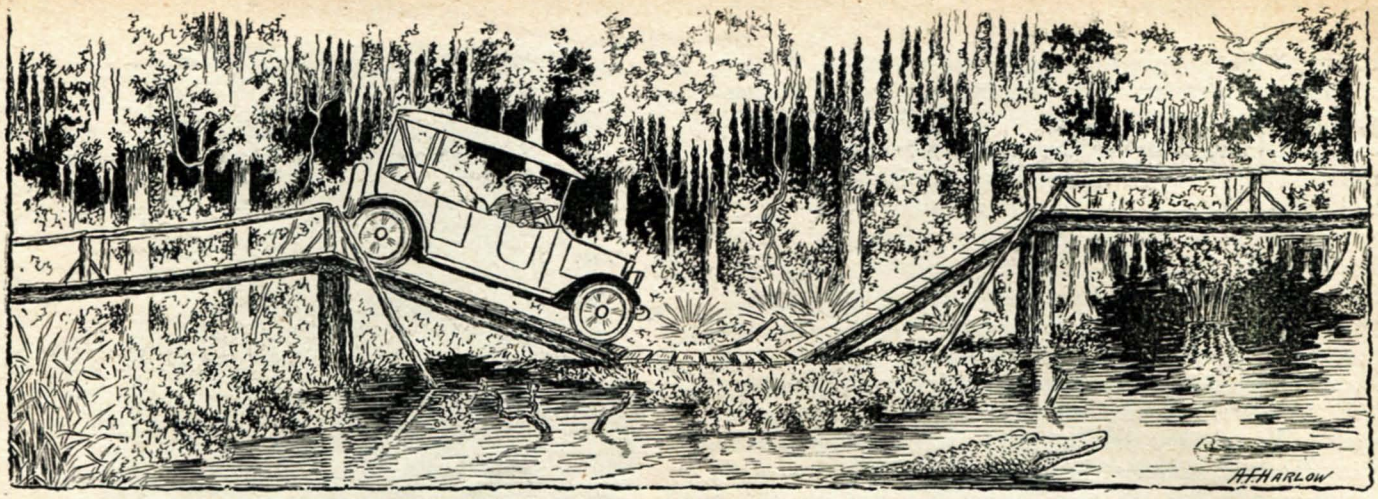
The fourth face of the base of the monument expresses the devotional side of life as manifested through patriotism, self-abnegation, altruism, religion and service to others. The dominant central figure, "I Am," is symbolic of the self-realization in which Man becomes the "Man Triumphant." Taken altogether, the representation of the four phases of Life with the supreme group at the top, expressive of the spirit of victory over evil, or the triumph over Fate, gives one a concrete philosophy of life.

task. As it happened they were great powers; and they were controlled by an energy of spirit so intense that it several times nearly wore his body to the point of death. It is that energy of spirit which chiefly strikes you when you meet him.

Edström's personality reminds me of that of Thomas Alva Edison. He even looks remotely like Edison and his whole bearing conveys the same impression of a fierce intensity of thought, and of a mind and imagination not geared like those of ordinary men. His imagination is constantly at white heat, and he has a will that feeds and thrives on it. Men of strong imagination seldom have a powerful logical and analytical faculty to give it stability, restraint and poise and to lend a satisfying completeness to whatever the imagination may create. But Edström has it; a satisfying completeness is precisely the thing that stamps his work as the fruit of genius. In this respect, too, he has that sweep of pinion which is Edison's central characteristic. People fall into types and classes; and in all my fairly extensive contact with many kinds of men, I have collected only three or four examples of this peculiar combination as revealed by a certain type of face and a certain energy and quickness of manner quite indescribable in itself. Of these few examples, Edison and Edström are the king pins of the lot; the others are Edisons and Edströms who didn't reach heroic stature. They have talent rather than genius.

"How did you come to conceive of the Caliban?" I asked, speaking of one of his most distinctive creations.

"By looking into a mirror," he replied. "I didn't like the looks of my mouth. (*Continued on page* 62)



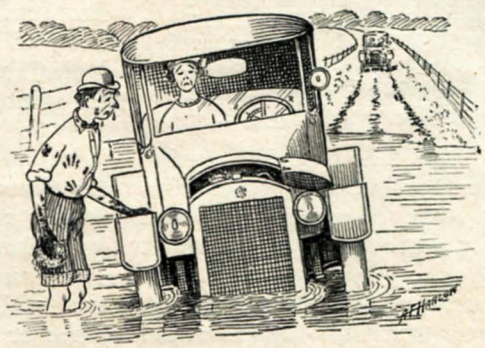
Can you fancy a bridge broken down and still in use? Yet here is one that the voyagers found in a southern swamp.

Exercise and Adventure in an Auto

By Alvin F. Harlow

WE Physical Culturists often blame the automobile (and justly, too) for exerting a softening influence upon the race—leading folks into luxurious ways, particularly the habit of being carried with no effort on their part over distances which they used to cover on foot or on horseback. I myself have joined in these laments that so many people have forsaken the two fine old exercises of walking and horseback riding. Nevertheless we must confess that the automobile has taken people out of doors and introduced them to nature who never would have made the acquaintance otherwise; and I myself will freely admit that, properly planned, an automobile trip may give you more hard, vigorous work than almost any other form of sport.

In order to get the maximum of exercise, variety of experience and knowledge of things that few other people know, one must leave the main traveled roads and go into the bypaths. The motorist who abhors anything but a paved road and thinks of nothing but speed, knows nothing of the real spice and vivacity of a motor trip. The lover of nature in her varying forms—of the dim, little-trodden trail and the nooks that few other folks ever visit, gets a certain fine quintessence of joy out of a country excursion which the other fellow can never comprehend.



The unfortunate wight who was taking his girl to church and who drove into the ford of a small creek and drowned his engine.

It is the regret of nature lovers that as soon as a good motor road is built to a beautiful lake or waterfall or National Park or bit of rugged scenery, the place immediately loses some of its charm. Hotels spring up, ugly soft drink and curio stands and gasoline stations, all hideously incongruous in their architecture, and hordes of people swarm in, critical and unappreciative, and begin to commit vandalism on the beloved landscape. Something delicate and fine has gone from it, never to be regained. And yet the automobile road is a great blessing, for it brings many appreciative people to see that spot who would never see it otherwise.

But if you want to have a trip that will give you hard muscles and an insatiable appetite, that will afford you glimpses of almost unspoiled nature and of folk life that is now becoming rare, you should leave the great arteries of travel and take to the byways. Two years ago my wife and I made some such trip, with business as its ultimate object, but with the open country and a certain portion of pleasant vagabonding as pretty large factors in the scheme. We drove a touring car which climbed hills like a steeplejack, and developed no engine trouble whatsoever throughout the trip. Whenever she could get a toehold, "Susie" carried us through mud, sand, swamps, rivers, creeks and lakes triumphantly.

We expected to spend some of the nights in towns, others in camp. I rigged up a rough box with a hinged

cover, which I set in the tonneau between the front and rear seats. It was divided into two compartments, in one of which was our bedding, in the other cooking outfit and food supply. I had a side tent for the car in which we were to cook and eat in wet weather, and we also bought a Tent-o-Bed, which is a cot for two, built into a tent with rigid steel frame, so that no guy ropes are required—a very ingenious and useful affair. As we were to spend considerable time in some of the cities we visited, we took our "dress-up" clothes along in suit cases, which were carried on the rear seat. There were also two folding camp stools, a small folding table, a shovel for mudholes and a few smaller items. The side tent was tied by its rope-ends over all the stuff in the tonneau, serving to hold it in place as well as to keep out dust and mud.

D. would go ahead and sound the mud-holes with a long stick.

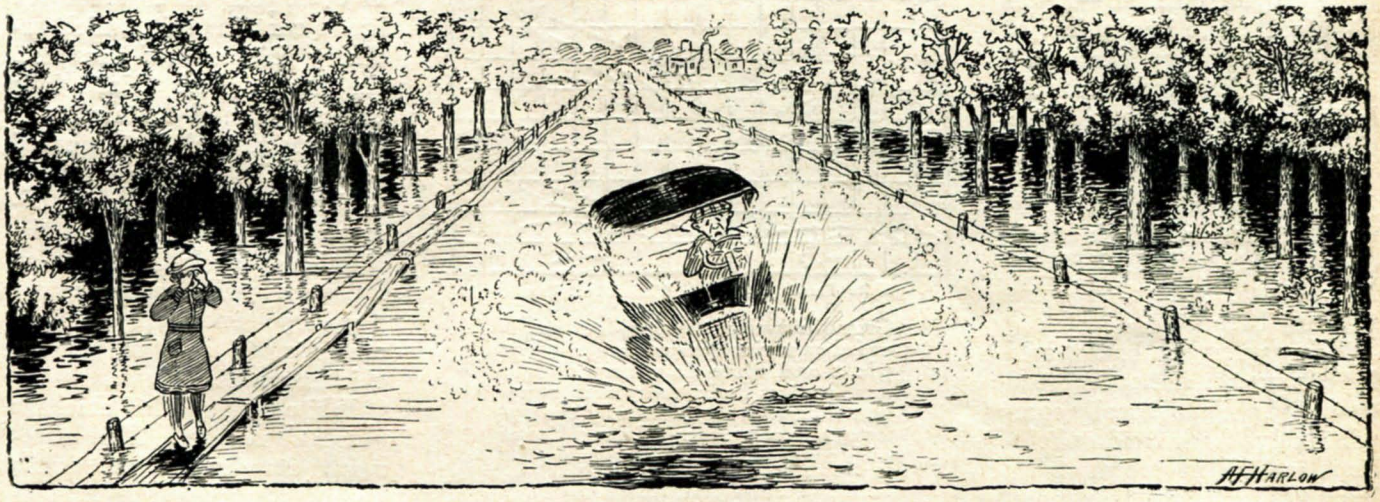
Business reasons necessitated our starting the trip in February, which was probably the worst season of the year, because of the winter rains, which had worked their will on the roads. We knew that there were some bad roads to be encountered, but had we been able to form a mental picture of what we were actually to go through, we might have hesitated to make the start. I was somewhat of an amateur chauffeur. I could spin a car along over good highways very nicely, but I had had little experience with rough, hilly, backwoods roads, mudholes or deep sand. When I came back, three months later, I was an expert.

The hard work began on the first day out. For the first hundred miles we had fair roads, save for some roughness and sharp curves over a small mountain or two. Then we struck a stretch of poor road and presently a mudhole about fifty yards long, in one end of which we stuck fast. A big truck laden with household goods had bogged down at the other end of the morass and its men almost entirely unloaded it before they could start it. I worked and sweated with shovel and jack and pieces of timber for an hour, and finally made a deal with a boy who was passing in a farm wagon to pull us out with his team, which he did very cheerfully for a dollar.

The short winter twilight was upon us as we drove away from the spot. We had hoped to reach Atlanta that day, but now we calculated only on Marietta, about ten miles away. We plugged along cautiously for perhaps five miles, then ran into another long, muddy spot. In the darkness I failed to hold the fore wheels in the two main ruts (as you must always do when negotiating a mudhole) and there we were, stuck again. I worked for another half hour or more, then went to the nearest farmhouse, a quarter of a mile away, but the folks were evidently all in bed, so D. and I decided to spend the night in the car. But we had hardly settled ourselves, well wrapped up, in the front seat, when a pair of lights topped the hill before us, and down the slope came one of those traveling salesmen who work the rural districts, hopping from clod to clod in his flivver. This good fellow was one of those referred to by the Bible as the Salt of the Earth. He promptly announced (although he lived ten miles farther on) that he was there to stay until we got out of the mud. And with his valiant assistance from behind with a shovel and a pole, and finally with his shoulder against the car at the supreme crisis, we came through. Of course he did not do it for pay. It is one of the joys of wayfaring in rural America to find men like that, who do not perform their every act with the expectation of getting a tip for it. It is well worth getting in trouble, just to learn that there are still people of that sort in the world. I am sure that I was more kindly and helpful to my fellow travelers through the rest of that trip as a result of that Good Samaritan's example.

We reached Marietta after nine P. M., tucked away a good supper and slept like tired children.

After a week in Atlanta we headed towards Montgomery. We had good roads until just after we had crossed the Chattahoochee, when we began to find some mud. (*Continued on page* 104)



No, the faithful wife is not covering her eyes to shut out the sight of the disaster which she believes to be imminent.

Not By Bread Alone

A Feeding Test of White Flour Versus Whole Wheat Bread

By Milo Hastings

Director of Physical Culture Food Research Laboratory

"WHITE flour bread will kill chickens."

I have heard that statement several times. I recently heard it again and with a new explanation as to the reason.

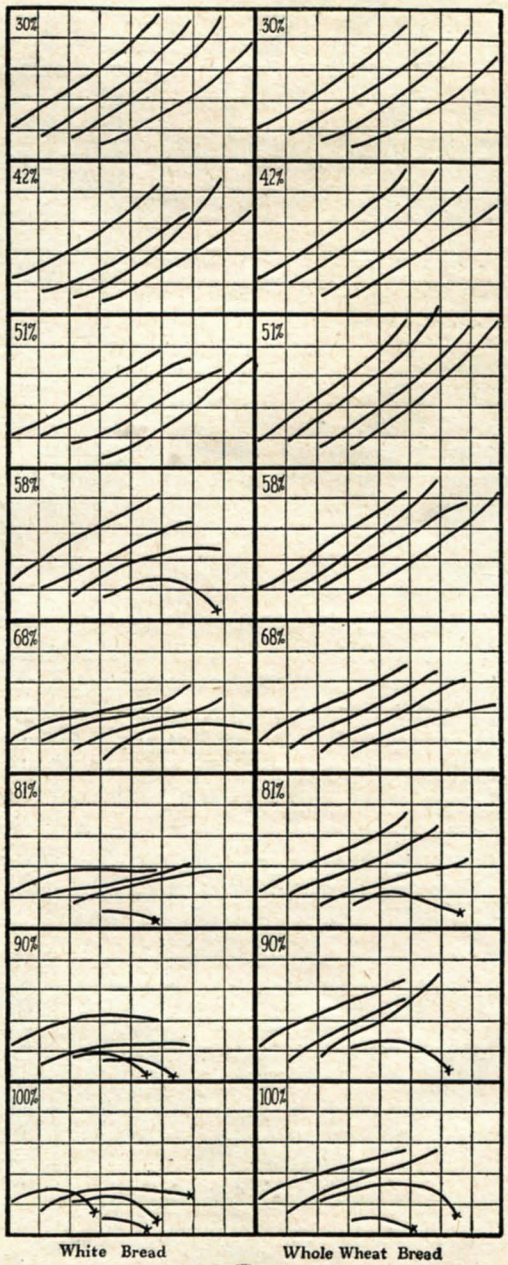
Mrs. Susan Lane, my nearest neighbor, is a delightful old lady with a poverty of scientific knowledge and a wealth of lay wisdom. I had not explained to Mrs. Lane the nature and purpose of the food research laboratory which had been established at my place, but she had observed a new building over there and knew that it had chickens in it. Not knowing that these were scientific chickens, Mrs. Lane assumed that I was one of the city fellows suffering from "chicken fever" and lack of chicken sense. So when she saw me toting home a load of some sixty loaves of bread she rightly assumed it was for the chickens. With the best intentions of warning me against disaster, she ran out and proffered the following advice:

"You better not feed that bread to your chickens—it will kill them! I've known lots of people that have tried it—feeding stale bread from the bakeries, but it sure kills the chickens."

"Why?" I asked.

"It's the salt in it!" explained Mrs. Lane with an air of conviction and a look of pity for me as I proceeded home with my bread.

A few years ago bakers sold for a song the left-over bread (so-called stale, but really comparatively fresh and wholesome). Chicken growers near large cities bought this bread for chicken feed. It was white bread, of course, and when they could get it below the cost of grain they probably fed it exclusively to shut-in chickens. Therefore the chickens dwindled and died. "Lack of vitamines," would say the "vitamine chasers"; "lack of vitamines, minerals and the right kind of protein," would say the better informed scientists; while Mr. McCann would agree about the minerals and add as a further reason the criminal instincts of millers and bakers who devitalize food for the sheer sport of seeing the funeral processions go by or watching the people who bought the stale bread burying chickens in the garden.

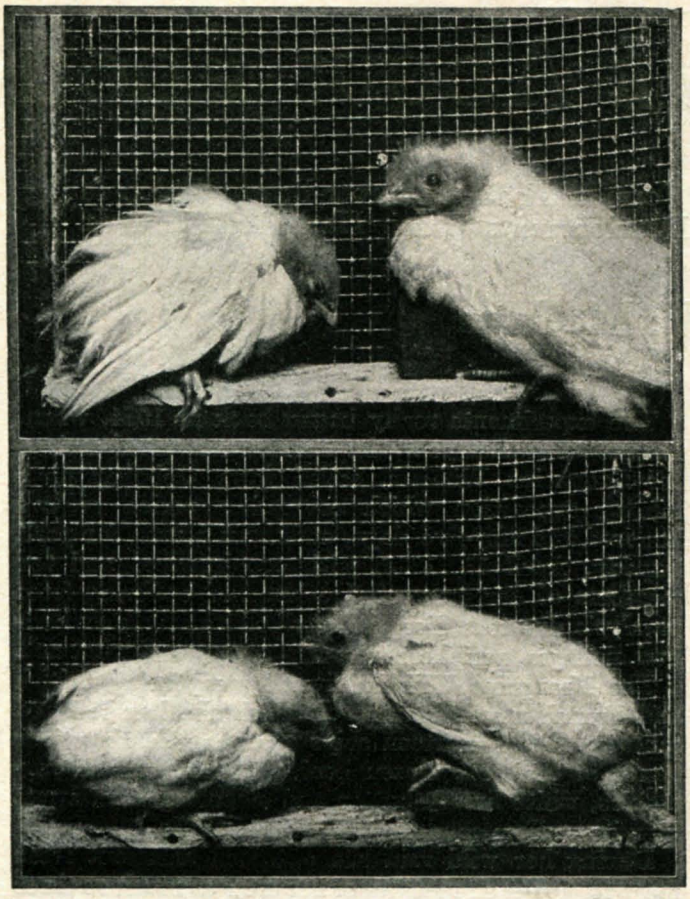


Growth curves of the sixty-four chicks as fed on various proportions of whole wheat and white flour breads. The small squares horizontally each represent five days, and vertically twenty-five grams of weight. The base line of each panel is seventy-five grams; the chicks averaging about a hundred grams to start with, and the better chicks about doubling their weight in the twenty-four days. An X at the end of a curve means the death of the chick.

But Mrs. Lane and her neighbors of those by-gone days had never heard of either vitamines or Alfred McCann, and yet were possessed of deducing minds not unlike those of the "vitamine chasers." These folk had furthermore observed the death of chickens from eating salt, for, as all poultrymen know, a chicken has no discretion and will kill itself eating brine pickled foods or even plain salt. Since the bread contains salt, which ordinary chicken food does not, the logic goes: "Salt kills chickens; bread contains salt; therefore the salt in the bread is what kills the chickens."

Now, that logic is wrong because the amount of salt in the bread does not kill chickens, as is proven by the fact that many poultrymen feed similar amounts of salt in regular chicken mashes.

White flour will kill chickens —salt or no salt! This statement standing alone seems quite as emphatic as one of McCann's philippics that make you feel you would rather risk



The chick on the left of the upper illustration ate white flour bread alone. The chick on the right ate 30 per cent white flour bread and 70 per cent other foods.

The chick on the left of the lower illustration ate whole wheat bread alone. The chick at the right of the same picture ate 51 per cent whole wheat bread and 49 per cent other foods.

bootleg whisky or plain strychnine than to eat a mouthful of any white flour product.

But as a scientist and not a propagandist, I cannot let that statement stand alone, but feel obligated to add that whole wheat bread will also kill chickens—though it will take more time to do it—and that chickens, at least rapidly growing young chickens, cannot live by bread alone.

I should further add that white bread, properly supplemented with other foods, is not a bad chicken food, but that whole wheat bread is a better chicken food, particularly when such supplemental food is not adequate in quality or quantity.

These same general statements apply to rats, and by inference to other species, including man.

The load of bread which Mrs. Lane feared would kill my chickens was not stale bread but fresh bread. One-half of it was one of New York's most popular brands of white flour bread; the other half was New York's greatest success in whole wheat bread—a bread made of genuine whole wheat flour and universally accepted and praised as the finest whole wheat bread in the market.

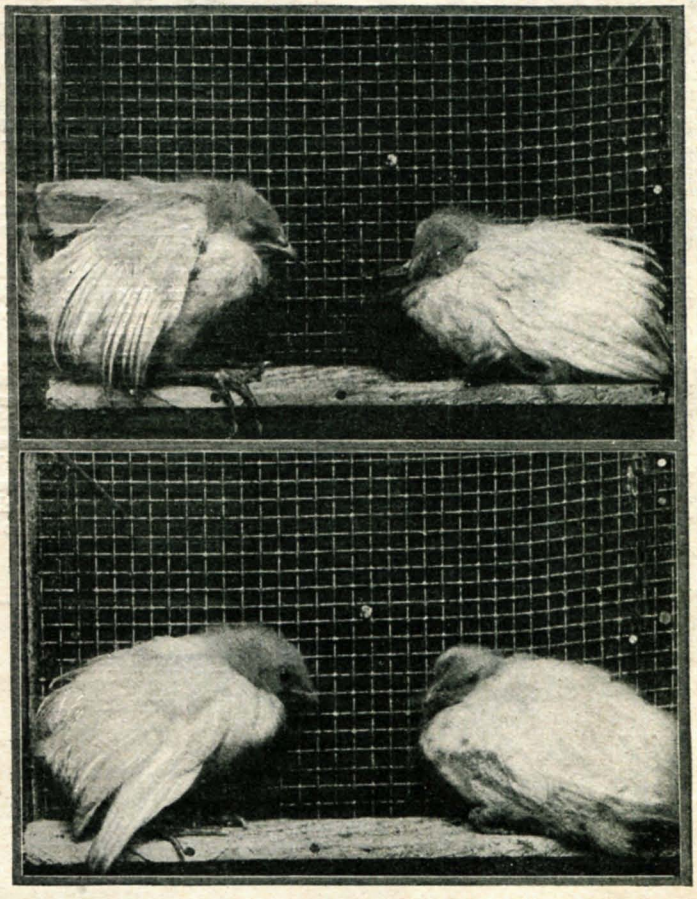
These two brands of bread I fed experimentally to young chicks and young rats. The simplest way to have planned such an experiment would have been to have merely divided the animals into two groups and fed one lot the white flour and one whole wheat bread. Such an experiment would have been a fair test of the values of the two breads as *exclusive* articles of diet. In other words, it would have measured the claims or qualities of the breads as complete or adequate foods. But as previous knowledge led me to believe, and as the experiment itself proved, neither bread alone is a complete or wholly adequate growth producing food.

With this presumed fact in mind, I did not divide my experimental animals into two lots but into thirty-two lots, or sixteen lots of chicks and sixteen of rats—since the two species are not very sociable and prefer to eat at separate tables.

The particular number of sixteen groups, or sixteen diets, is purely arbitrary, but the general end sought was to test the comparative values of the two breads when fed with varying proportions of other foods.

The added ingredients were the same materials in all cases, the difference being in the amount of these supplemental foods, or the proportion of bread, in the diet.

The object sought in selecting these foods with which to supplement the (*Continued on page* 94)



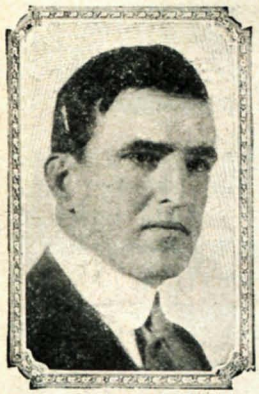
The chick on the left of the upper right hand illustration ate white flour bread only. The chick on the right of it ate whole wheat bread only. The white bread chick died shortly after having his picture taken. The whole wheat bread chick, with buttermilk and kale added to his diet, is now making up for time lost during this month of jail fare—or a bread and water diet.

The chick on the left of the lower right hand illustration ate 51 per cent white bread. The chick to the right of it ate the same proportion of whole wheat bread. The former diet was slightly inadequate; the latter with the same ingredients other than bread was seemingly fully adequate for health and growth.

The Revolutionary New *Truth* About Food

Including the Announcement About a New Form of Food—A Super-Bread Which Is to Come Soon—The Amazing Story of the Developments Which Have Led Up to It

By Alfred W. McCann



Alfred W. McCann

A NEW loaf of bread is about to appear on the market. Committed to secrecy, the writer cannot now divulge in detail the names of the persons through whom the innovation promises to revolutionize the bread baking industry of the entire world. It is enough for the present to be able to announce the net results of three laboratory experiments which have been running since January, 1922.

In these laboratories have been developed facts of such startling and hitherto unsuspected significance that there might be a temptation to question their genuineness were they not attested by one of the foremost universities of the United States. The results of the work, thus far accomplished, which have been checked up by three separate and distinct institutions, demonstrate in manner little short of sensational the absolute worthlessness, from the point of view of nutritional adequacy, of all the white bread now before the public.

They also disclose a fact which will prove a distinct shock to most dietitians and nutritional experts, by demonstrating that much, if not all, of the whole wheat bread now consumed in America is gravely deficient in the factors which control and maintain growth, health and life, even though to offset these startling conclusions they have been shown to be vastly, almost incalculably superior to the white flour loaf.

A Word to the Wise—
The Whole Truth About Food in a Nutshell

IF you were looking for a statement of the big truth about human nutrition to be contained in a couple of thousand words, you could scarcely do better than read this terse and vigorous story in which Mr. McCann makes the announcement about a new and superior bread that is shortly to be produced.

However, this is much more than a story about a new food. It is a presentation of certain eternal truths of such a nature that if by reading it you can grasp the underlying principles which are set forth here, you will have a very clear, comprehensive and basic understanding of the chemical and biological requirements of an ideal diet. If you have never before learned anything about food, you can read this story, and if you are wise, learn therefrom how to eat. It is characteristic of Mr. McCann that he can open up a subject so vast and so vital and give you an inside view.

Incidentally, Mr. Milo Hastings, conducting the Food Research Laboratory of which you will read on another page, brought in his manuscript the other day, stating that he was on the track of a new idea, which was, specifically, that of a new kind of bread—or, as he expressed it, an ideal bread of supreme nutritive value. As he explained the idea, the editor reached into a drawer and pulled out the manuscript of this article by Mr. McCann to show him that others had been thinking and working along the same lines. It is one of those curious coincidences in which various inventors or various research workers all simultaneously approach the logical next step. This bread of which Mr. McCann speaks will be the next step. More than that, it was inevitable.—THE EDITOR.

The experiments really began back in 1914, when, August 3d of that year, the German converted cruiser, the Kronprinz Wilhelm, sailed from Hoboken on a raiding expedition which covered a period of two hundred and fifty-five days, ending in a rush for port, Sunday, April 11, 1915, with one hundred and ten members of her crew of five hundred suffering from paralysis due to a disease described variously as beriberi, pellagra, peripheral neuritis, scurvy and what not.

The Kronprinz Wilhelm lived by capturing British and French merchantmen, of which she bombed and sank a total of fourteen ships after confiscating their stores of coal, oil, frozen beef, potatoes, canned vegetables, white bread, butter and oleomargarine, sweet biscuits, coffee, condensed milk and sugar.

During her wild raid she obtained sufficient fresh meat to give each member of her crew as much as three pounds a day for an entire year if they wanted it. With her speed of twenty-six knots an hour she scoured the seas with impunity, cramming her bunkers with coal and her refrigerators with hindquarters and ribs of which she corned one hundred and fifty thousand pounds as a sort of variation in her meat diet.

Baking her own white bread; boiling, mashing and frying her enormous stores of potatoes, and eating all the meat for which she had an appetite she little dreamed at the end of four months of such work that the subtle, slow-moving influence of her refined and demineralized diet was eating not only into the tissues of her crew, but into their very bones.

It is a well-known fact that the dairy cow, during the greater part of the period in which she is called upon to produce milk, tears down her (*Continued on page* 78)

The Body Beautiful

A SCULPTURAL and magnificent photograph of a hundred per cent physique. Mr. T. J. Gundlach, of New York City, who passed the rigid Police Department physical examinations with a rating of one hundred per cent. He looks it. Photographed by an army photographer at a swimming pool in France.

THE symmetrical beauty of Miss Gertrude Artelt, of Philadelphia, a member of the Turngemeinde Swimming Team, who has been pronounced one of the most beautifully formed girls in America.

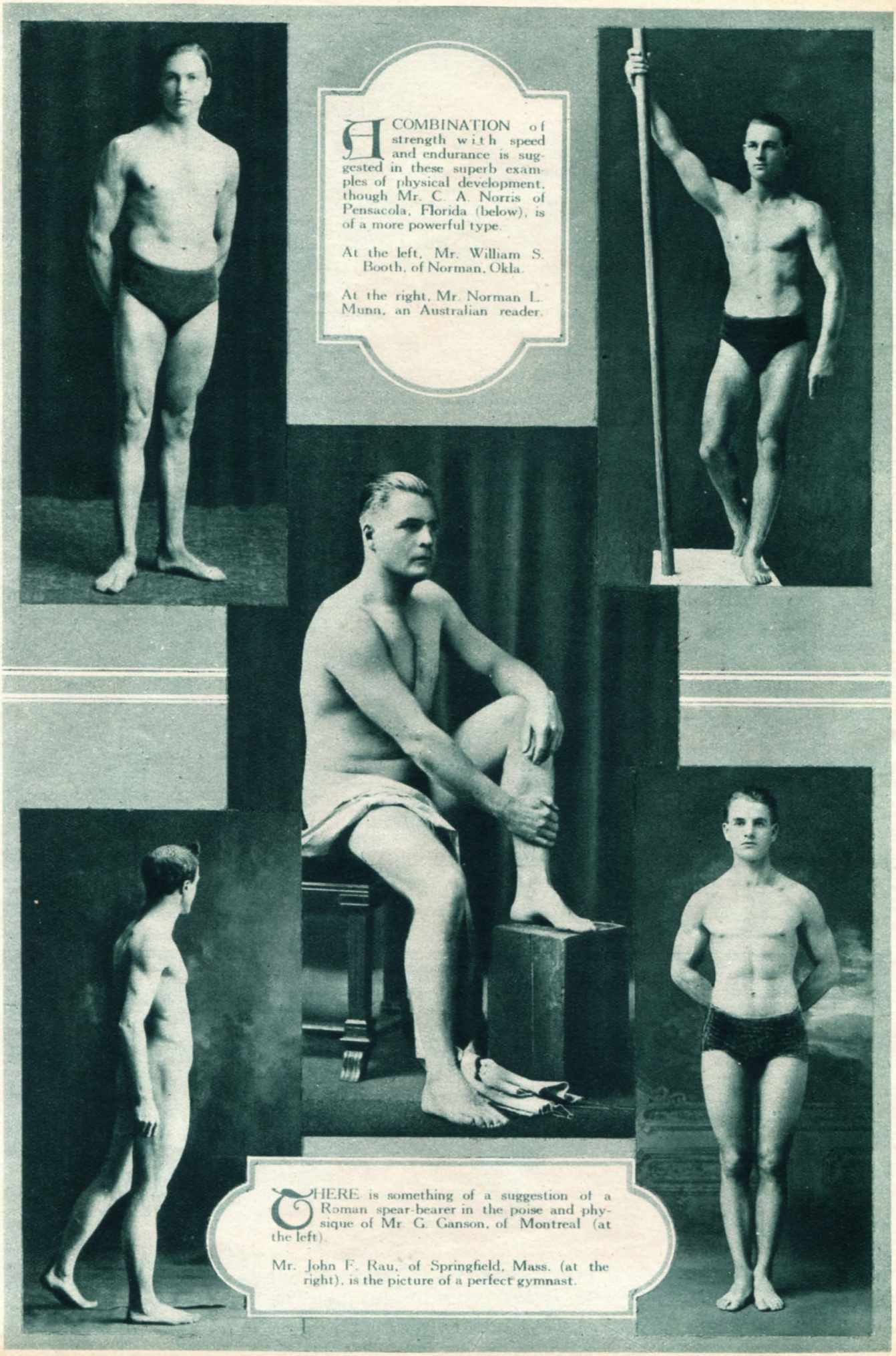
Keystone View Company

FEMININE symmetry and beauty as developed by two distinct forms of physical activity. Miss Ula Sharon, dancer, exemplifies the health and beauty building value of Dancing.

Photograph by Edward Thayer Monroe

MISS Jennie Rooney, described as an aerialist extraordinary, is representative of the exceptional beauty attained by most circus women purely as a result of their profession, having the combination of strength and grace, symmetry and poise.

International Newsreel Photo.



A COMBINATION of strength with speed and endurance is suggested in these superb examples of physical development, though Mr. C. A. Norris of Pensacola, Florida (below), is of a more powerful type.

At the left, Mr. William S. Booth, of Norman, Okla.

At the right, Mr. Norman L. Munn, an Australian reader.

THERE is something of a suggestion of a Roman spear-bearer in the poise and physique of Mr. G. Ganson, of Montreal (at the left).

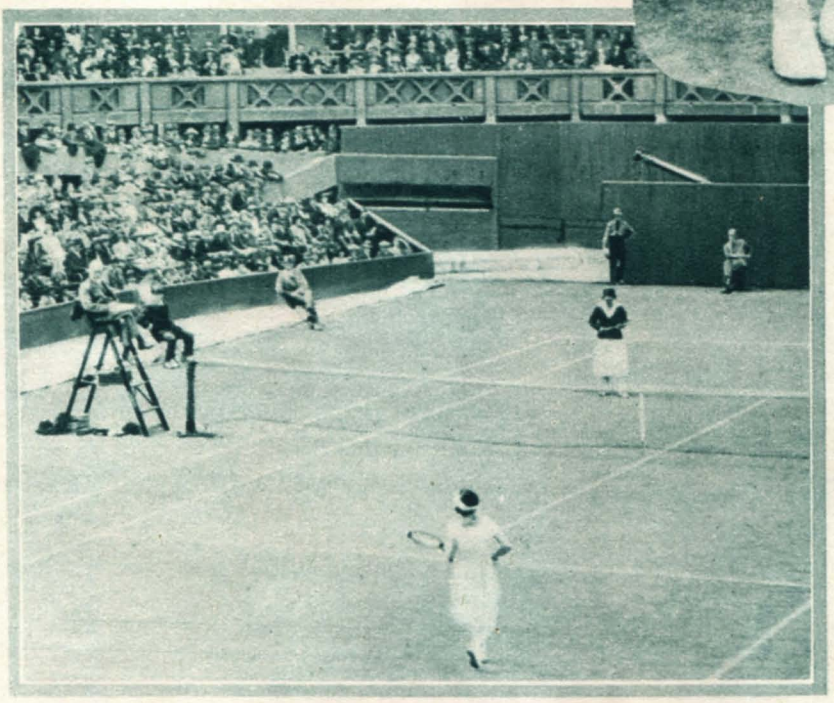
Mr. John F. Rau, of Springfield, Mass. (at the right), is the picture of a perfect gymnast.

The Inside Story *of* Suzanne Lenglen

Presenting a Lesson in Athletic Training Invaluable To All Athletes Both Masculine and Feminine

By Fernand Bardiani

THE "has been" super-champion! The words sound paradoxical enough when applied to the genial French exponent of lawn tennis, after her crowning 6—2, 6—0 victory over Mrs. Molla Mallory, on the courts of Wimbledon, England. Yet they proclaim but the truth. The twilight of the goddess of the racket has already begun. Over are the palmy days of the bounding girl who reveled in taking risks at the net. She is now pacing safely the baseline for the sake of her weakened heart and impaired nerves. Even her crushing revenge on the American champion, to whom she defaulted in defeat at Forest Hills last year, has been brought about not by super-play but by all the bitterness, all the burning for vengeance, all that can enter the wounded heart of a woman.



P. & A. Photos

The momentous Wimbledon match in progress. In the foreground, Mlle. Suzanne Lenglen, the world's champion woman tennis player, pitted against Mrs. Molla Bjurstedt Mallory, American tennis ace. When they fought for supremacy in the United States Suzanne was worn out from excessive playing prior to her coming. At Wimbledon, in fine fettle, she staged a spectacular comeback.

P. & A. Photo

Molla looking like the sphinx and Suzanne *très débonnaire*, at the outset of the Wimbledon battle. For all the world they seem the best of pals, while actually at daggers drawn.

For what took place on July 8th, before a King and before fifteen thousand spellbound spectators, was more than the final round of a world's championship. It was the last act of a most unique, most desperate tragedy of intense sporting enmity.

The feud started a year and a half ago, at Saint Cloud near Paris, where Molla Mallory had come to compete for the championship of the world on hard courts. The topmost woman player of the United States intended to make a strong bid for the title. William Tilden 2nd, America's greatest man player, accompanied her, partnered her, guided and almost coached her. Suzanne Lenglen, the titleholder, was there, too, to defend her crown. And by her stood her father, a poor player but the keenest observer of the game, the most infallible detector of weak spots in armors since Norman Brookes deserted the courts.

For the two women it was a case of dislike at first sight.

Molla suffered one setback after another in the earlier part of the tournament. She was put out of the mixed doubles and the ladies' doubles. But she was not to be denied her class in spite of unfavorable circumstances. She battled her (*Continued on page* 86)

Our Super-Swimmers

The Greatest Runner of All History Tells the Story of the Greatest Swimmers of All Time

By Charles W. Paddock

DUKE PAOA KAHANAMOKU, Olympic Champion from '12 to '20 in the 100 meter swim, recently made the statement, that though he was still in his old-time form, he believed that Johnny Weismuller of the Illinois Athletic Club was the greatest swimmer who ever lived. This was said one night at the Los Angeles Athletic Club just after the Duke had broken the tank record for the fifty yards that he had made in this pool, twelve years before, for in the morning of that same day the eighteen year old King of the water, Weismuller, had broken four more world records and brought his total to thirty-two.

This leaves only one record for an established short distance swim still in the possession of Kahanamoku—the fifty yards. It is claimed that Weismuller has left the veteran this record just as an act of friendship, for everyone is agreed that under proper conditions Johnny could shatter the record of 23 2/5 seconds. He has made faster time unofficially over the fifty yards. Some day in the near future he will probably wreck this record also. It is quite possible that Weismuller will be able to break many of his own records, and to set marks which may stand for many, many years. On paper he is the greatest swimmer in the world; in the eyes of the sporting world he stands supreme. His records give a firm foundation for all his championship claims. Even the Duke says that Weismuller is the swiftest. However, Duke Kahanamoku said the same thing about Norman Ross when the latter was breaking records right and left under the colors of the Illinois Athletic Club a few years back.

Copyright Wide World Photos, New York

Duke Kahanamoku, the first of our modern group of super-swimmers. His physique is a fascinating study in symmetrical beauty.

For Ross had experienced a spectacular career himself, having suddenly arrived as a champion swimmer by defeating the pride of the West, Ludy Langer of the Los Angeles A. C. Norman was a giant of a man possessing a fighting heart and a mighty stroke. He was best at the quarter, but could swim shorter distances in what was then record-breaking time. He had proven his versatility in the Inter-Allied Games in 1919 at Paris, when he defeated the world almost alone. He had entered everything from the 100 meters to the 1500 meters in the championships and though he competed in heats and had to swim every day in the week, his last races were his best and he handily beat the Australians, who proved his hardest opponents. To top it all, a few days after the games, he swam a ten mile race down the Seine, and won by almost a mile. Weismuller is not capable of such performances as these, for he is essentially a short distance performer to-day. Later he may cover longer distances with proportionate power, but that is for the future to decide. Many claim that Ross is the greatest of all our swimmers, because when he was at his best, big competition never daunted him. Weismuller has been at his best for many months now; at least he has been breaking world records; and yet during that time he has tasted defeat, for Ludy Langer won from him as did also Warren Kealoha.

But back to Ross. After the Inter-Allied Games he started on a trip half-way around the globe and came to the Hawaiian Islands when he was in the pink of condition and at the height of his career. He challenged Duke Kahanamoku to a 220-yard race for the championship. It was conceded that the winner of this furlong would be the greatest swimmer in the world, for what Ross lacked in speed he would have in power, and it was said before the contest that it was up to the Duke to prove that he had both speed and strength. Now Kahanamoku realized that Ross was the hardest opponent he had ever faced, and he was not certain as to his condition or even of his ability, for he had not been called upon to defend his title or to swim a hard race for a number of years. He went to Dad Center, the President of the Amateur Athletic Union of Hawaii and a friend of his for many a long year, and asked Dad to give him a tryout. Center did something more than help

condition him; he gave him a great deal of confidence, of which he was very much in need.

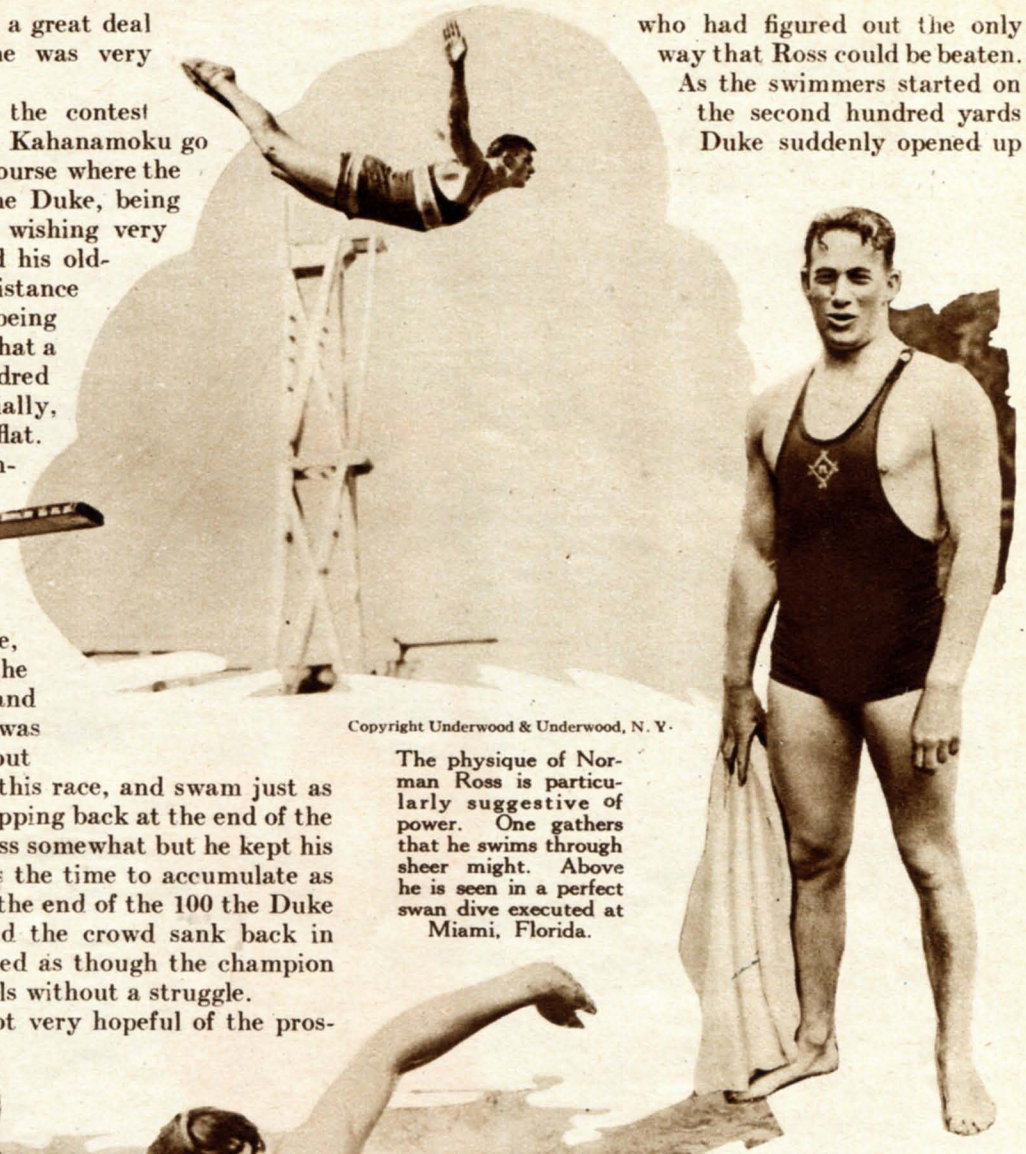
A few days previous to the contest President Center had Duke Kahanamoku go a hundred yards over the course where the race was to be run, and the Duke, being thoroughly frightened and wishing very much to see if he possessed his old-time speed, swam the distance under his own record, being clocked in the fastest time that a man ever swam a hundred yards officially or unofficially, the time being 52 seconds flat.

Center was perfectly confident that the Duke would beat Ross, but the Duke was not.

The moment of the race came and Ross stepped up to the starting barge, cool and confident while the Duke came up wild-eyed and frightened. Now the Duke was generally slow in starting, but he was away with Ross in this race, and swam just as Center had told him to, dropping back at the end of the first fifty. This puzzled Ross somewhat but he kept his pace, figuring that this was the time to accumulate as much lead as possible. At the end of the 100 the Duke was five yards behind, and the crowd sank back in disappointment for it seemed as though the champion were about to lose his laurels without a struggle.

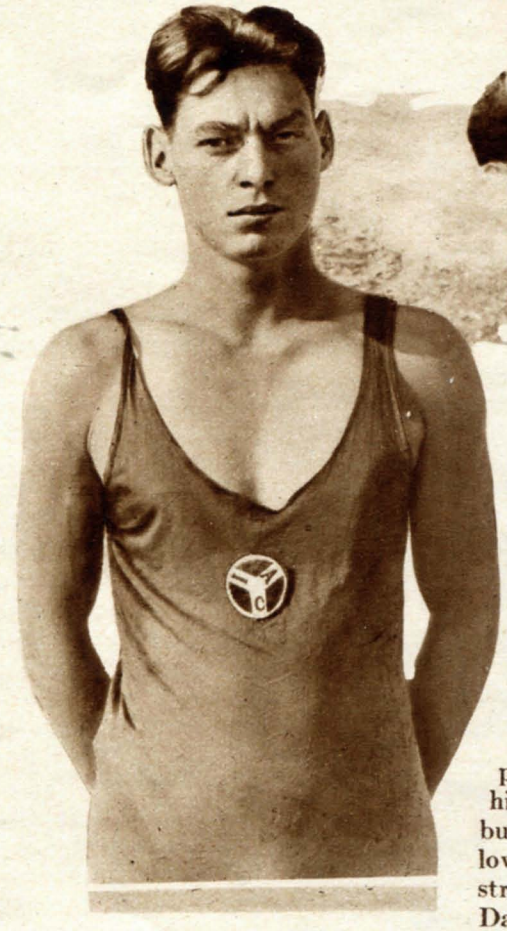
Now the Duke was not very hopeful of the prospects before him either, but he was following the instructions of Dad Center who had figured out the only way that Ross could be beaten. As the swimmers started on the second hundred yards Duke suddenly opened up and though his gain was hardly noticeable at first it was soon discovered by the eager-eyed watchers that the Hawaiian was commencing to overtake the Illinois Athletic Club star. At 150 yards, Ross still led by four yards, but from then until the 200-yard mark the Duke suddenly went wild and gained the entire four yards, so that when they took the turn for the final twenty yards they turned together, and the crowd sensed that the race was over. The Duke defeated the great Ross by a full yard in that final stretch.

So it has always been. Race after race there have been people who thought the Duke was certain to lose and yet always he came through in the pinches. For a long time there was considerable agitation afoot concerning the chances of Perry McGillivray against the Duke in the 100 yards. But the result was pitiful. The Duke formerly held among others the following records: 50 yards in pool, 23 2/5 seconds; 50 yards open water, 23 seconds; 100 yards, open water, 53 seconds; (*Continued on page* 125)



Copyright Underwood & Underwood, N. Y.

The physique of Norman Ross is particularly suggestive of power. One gathers that he swims through sheer might. Above he is seen in a perfect swan dive executed at Miami, Florida.



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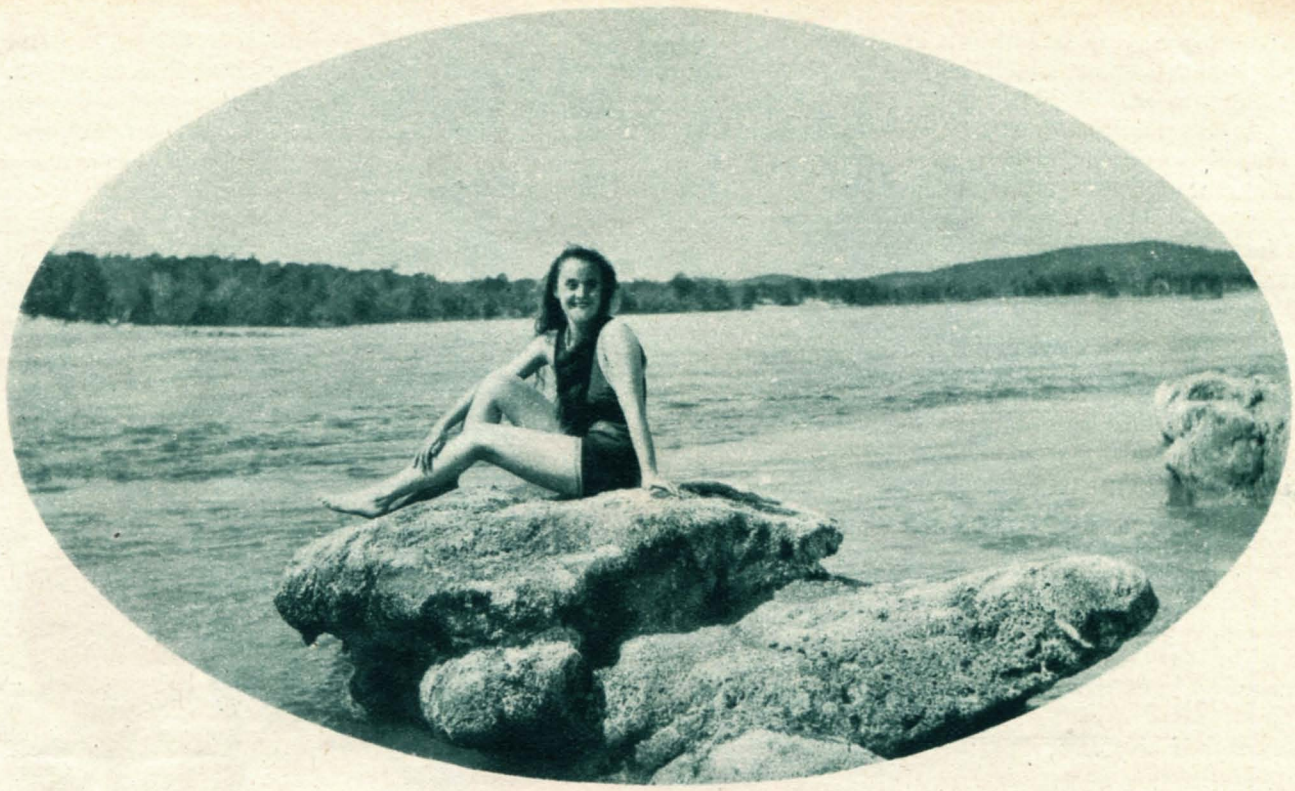
Photos by Wide World Photos and Underwood & Underwood, N. Y.

Johnny Weismuller, of the Illinois Athletic Club, seems to be almost in a class by himself even among the greatest of swimmers. He has smashed more records. He suddenly leaped into prominence, in a few months smashing some thirty-two records, among other things covering 100 yards again and again in 52 3/5 seconds. Sportsmen say of him that his records will never be excelled, just as the same thing is being said of the sprinting records of Charlie Paddock, the author of this story.



I've Kept My Girlhood

With My Two Children

Says Mrs. Carl Northcott of Australia

IS motherhood necessarily a matter of sacrifice? Does it mean loss of beauty? Or is motherhood, on the other hand, a fulfillment—a means toward a riper and higher standard of beauty?

The world is still laboring under many old and vicious traditions, and among them is this notion that the bearing of a child makes something of a physical wreck of the mother, in greater or less measure. It is a stupid and destructive superstition.

Many physical culturists know that a woman need not suffer through motherhood. Many readers of this magazine have brought into the world families of from two to five or six children without suffering any loss whatever in health and beauty—often with an improvement.

It is this lesson which needs to be brought to other women, and it will be a part of the policy of this magazine for many months to come to teach this lesson.

A foolish, and we may say more or less ignorant, young wife recently wrote a letter to the Editor, presenting a personal problem which has dominated her married life—that of a thwarted desire for children. Having been married for several years, her husband still insists that he does not want children and advises her against motherhood on the ground that she would lose her beauty and her attractiveness.

Irrespective of what one may think or say about the man in the case so far as this unfortunate young woman is concerned, it is highly important that she should learn and know that this hideous doctrine is entirely false. Child-bearing cannot result in the loss of a woman's attractiveness. On the contrary, it invariably increases her attractiveness. She is a better woman, more feminine and more appealing, as well as in other respects a better human being. And if she has had the good sense to live a physical culture life to prepare herself for motherhood—to go into training, as it were, for a physical ordeal just as an athlete trains that he may be physically fit for the test of competition—then she may approach the ordeal with fullest confidence in a quick recuperation and full restoration of her bodily splendor and symmetry.

Such has been the experience of many readers of PHYSICAL CULTURE, and among them Mrs. Carl Northcott of Casino, Richmond River, New South Wales, Australia, who has been good enough to send us these photographs of herself and her children, together with an interesting letter setting forth the conditions of her life. She has not merely brought into the world two healthy, vigorous children; she has lived a most arduous life on an Australian farm. Here is her letter:

"Although I was married at the early age of seventeen and have brought into the world two sturdy children it has cost me none of my youth. Motherhood has not aged me in spirit or body—I am just growing up with my boys. What is more amazing is that the terrible work I—and many other women here—have had to do has not told on my health and physique or enthusiasm.

"It is not a pretty life—farming in the Australian backwoods; but it has its deep joys for the true lover of Mother Nature.

"Many's the hour I ride, mustering cattle, and I've harrowed countless acres. For three years it has been my lot to milk eighteen cows and hand-separate from fifty to eighty gallons of milk twice daily. Besides, I do all the housework and make every garment my boys wear. But home and the glorious out-o'-doors abundantly compensate for the inescapable drudgery.

"There is one simple recipe to which I feel I owe not a little for my radiant health—that of the drink of hot water taken upon arising."

The Editor wishes to supplement this with other accounts of what we may call beautiful motherhood upon the part of other women. We wish photographs which adequately tell the story of the preservation of beauty, and of the means by which it has been maintained. We have had a few contributions of this kind, which do not adequately tell the story, and which did not include photographs of a sufficiently satisfactory character.

Good photography is an important item. Snapshots are satisfactory if the photography is sufficiently good, as in this instance, of Mrs. Northcott. We are willing to pay for adequate stories of this kind.

In preference to a contest along these lines, we have chosen a plan of paying $100 for every story that lives up to specifications and is acceptable on its general merits, and which we can find available for publication. These specifications call for a personal recital of one's experience in building the health and strength required for motherhood, with such references to diet as may be helpful to other readers, and with such a presentation of exercises as may likewise help others to know just what they may do and how to do it. The story should be accompanied by poses shown showing the physique of the mother and her condition after having been the mother of one or more children—and the

(*Continued on page* 142)

Diana, though generally represented as the goddess of hunting, was also worshipped as a sylvan deity and as the presiding divinity of childbirth, her principal shrine being in the Alban mountains by a lake. Mrs. Carl Northcott—pictured above in a particularly harmonious setting—is a true votary of the Italic goddess.

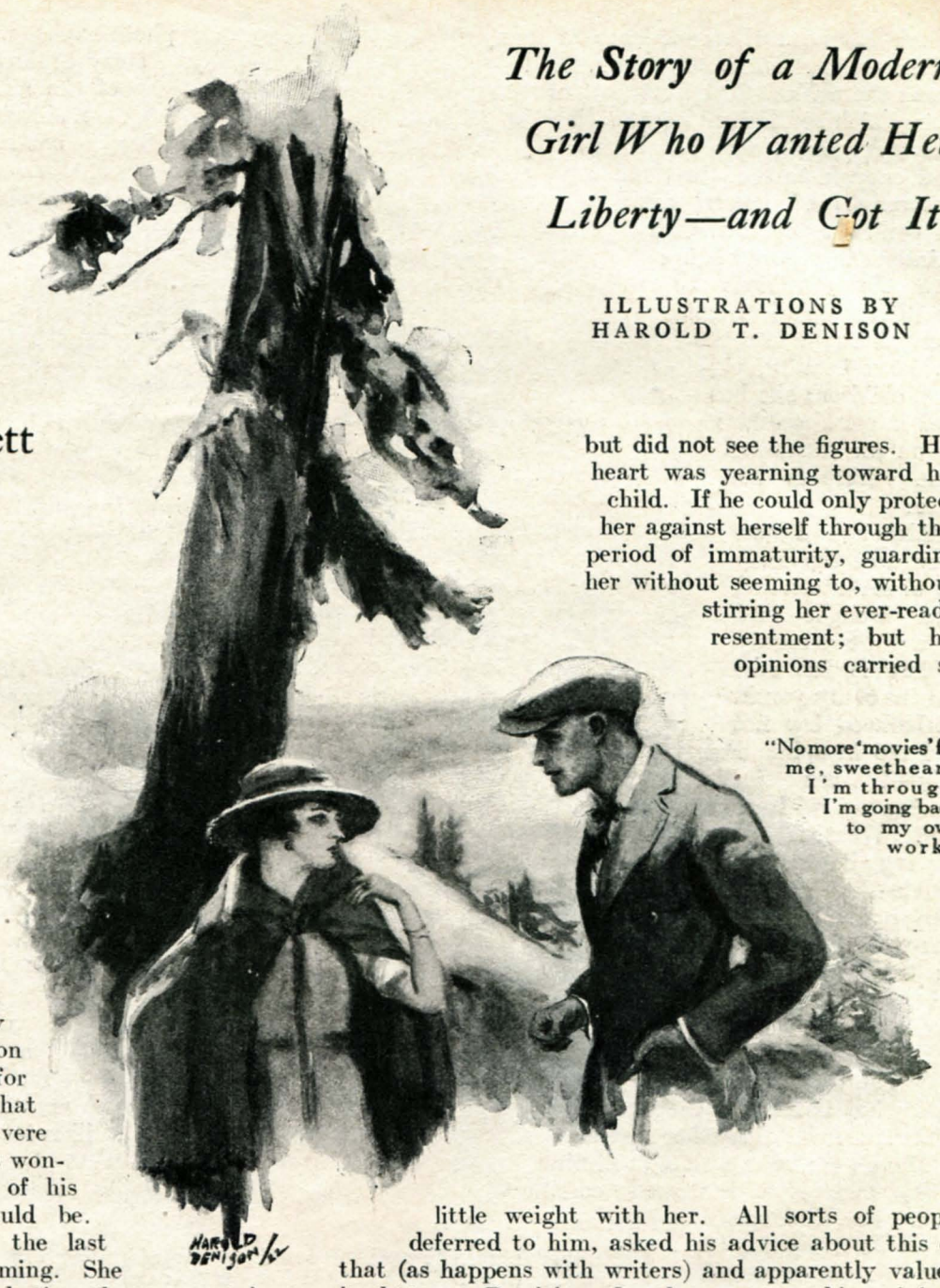
An idyl of the Bush, disclosing the lusty youngsters of Mrs. Northcott in a less pugnacious mood.

Glint of Wings

The Story of a Modern Girl Who Wanted Her Liberty—and Got It

ILLUSTRATIONS BY
HAROLD T. DENISON

By
Cleveland Moffett
and
Virginia Hall



"No more 'movies' for me, sweetheart. I'm through. I'm going back to my own work."

CHAPTER VII

PATRICIA ELOPES

"Home is not always where we are born—it is among ideas that are dear to us."

THEN came the next day. . . . .

It was after dinner, in the fading twilight. The Lydig family were seated on the piazza of the inn, apparently reading, really busy with their thoughts. Newton Lydig, full of tenderness for his daughter, a tenderness that was belied by his rather severe intellectual appearance, was wondering what the outcome of his quarrel with Patricia would be. Patsy had changed during the last week. She had ceased storming. She hadn't said a word about hating these mountains—suspicious circumstance! Nor had she even mentioned New York. On the contrary she had been gentle and conciliatory; none of which had in the least deceived her father. This only meant that she had come to some new decision. She was planning something—but what?

The novelist turned to his wife who was near him and said in a low tone, "She isn't reconciled is she?"

"I'm afraid not," sighed the mother.

"She's rebellious—in her heart?"

Helen Lydig smiled mysteriously, then with that light of faith in her eyes that always comforted her and reproached her husband's impatience: "We mustn't worry about this, dear. It will work itself out all right," she assured him. "you know there are *two* Patricias."

"Two Patricias!" he reflected. "I suppose so. Well, that puts a big responsibility on the other one!"

He turned to his newspaper and tried to absorb himself in the financial report of the New York *Times*, but did not see the figures. His heart was yearning toward his child. If he could only protect her against herself through this period of immaturity, guarding her without seeming to, without stirring her ever-ready resentment; but his opinions carried so little weight with her. All sorts of people deferred to him, asked his advice about this or that (as happens with writers) and apparently valued it; but not Patricia. On the contrary, his opinions drove her rather in the opposite direction. How strange this sense of mutual antagonism between a father and daughter who really love each other

And Patricia, as she skimmed her book, was thinking in a tumult of emotions of Stan and the promise she had made. There before her eyes was their appointment, scribbled on a slip of paper in his decided handwriting—she was to meet him down the trail at eleven. She glanced at her wrist-watch—a quarter past eight! In less than three hours this incredible thing would have happened!

Stanley had wanted to tell her parents of their engagement, but Patricia had assured him that if he really wanted her, he had better take her on the wing—he would not have the ghost of a chance with her father. The thought of Newton Lydig father-in-lawing a movie star was too much for Pat's gravity, more than she had dreamed of in her most deliriously daring moments.

Just then the wind, erratic imp, whisked away her lover's penciled message and fluttered it, enticingly under her father's very eye. Horrors! Pat waited breathless while he stooped, picked up the slip, adjusted his black-rimmed *pince-nez*, frowned, then glanced at his daughter.

"That's mine, I guess, Father," the girl remarked casually, flipping over a page with well-assumed nonchalance.

"Oh," he said, then turned the note over again and handed it back ceremoniously without comment.

Patricia sighed in relief. It had been a close call. What if her father had read that note! But of course he hadn't. If he had he would have said something. A little later she escaped to her room and began her packing, pondering the momentous question whether to put in a pink or a blue negligée. She preferred the blue, but pink made her look softer, more appealing, and it might be well to play up to the traditional quality of the bride.

Suddenly there was a sharp rap at the door and a summons from her father to come down at once. *Her father knew!* He had only waited so that he might collect himself for a difficult and painful scene.

Patricia came, carrying her hand-bag, and made no attempt at denial or evasion. She answered her father quietly, looking at him out of steady grey eyes, and admitted that it was true—she was going away—this very night—with a man she was going to marry. She said all this with that cultured self-control that always exasperated her father.

In the interview that followed Lydig begged his daughter to wait for a few days before taking this irrevocable step. Let her at least give them time to meet her prospective husband and know something about him; and to understand why she had chosen him so suddenly, why she had thought it best not to present him to her father and mother.

But the girl only insisted that this would do no good. Her father would not consent, and—she had made up her mind.

"What is his name, Patricia?" asked the mother.

"His name is Matthews, Stanley Matthews."

"How long have you known him?"

"About two weeks."

"You met him here in California? You didn't know him in New York?

"No."

"What is his business—his occupation?" questioned Lydig.

Patricia's chin lifted a little as she faced her father, half pleadingly; then she made as if to speak, but he cut her short.

"After all, what difference does it make? you're bound to marry him—now?"

She hesitated, realizing that this was her final word, and tried to be conciliatory.

"Would you like to meet him, Father, if I send for him?

"You simply wish to present him to us, Pat? You do not admit any discussion of the main question?"

"I—I'm going to marry him, Father."

Lydig looked at his wife and realized that she was at the limit of her strength. And he made some strong remarks about ingratitude. In thinking it over afterward the father felt that perhaps he lost an opportunity here to change his child by gentleness; but he could do no more. He too had reached his limit.

So the break came at once.

Patricia went on to say (keeping her voice astonishingly low) that she did not mean to be unloving or undutiful, but she had thought this over and had decided—had given her promise—for good and sufficient reasons——

"What reasons?" Lydig demanded harshly. "I'd like to know what reasons seem good and sufficient to you for treating your mother and me as if—as if we were—nothing to you!"

The mother was crying softly as Patsy went to her. "Please don't cry, Mother. It doesn't do any good." Then she turned away, after kissing her mother, who clung to her weeping, and started down the trail.

A moment later she was gone.

Picking Up the Thread of the Story

PATRICIA LYDIG is a modern girl of twenty with very up-to-date ideas on the subject of freedom and independence for women. Particularly Patricia wants to stand on her own feet, pleading with her father for permission to put her talents to practical use and to return to New York.

Her father, a successful novelist, has brought her to California, fearing the influence of her "artistic" New York friends.

Patricia, brooding on the veranda of the secluded inn, receives a passionate love letter from a mysterious stranger. Later, on a solitary moonlight hike, she is frightened by a mountain animal and rescued by Stanley Matthews, the writer of the letter, who is a somewhat rough and red-headed man, a very virile type, who does hero stunts for moving picture serial thrillers. Other clandestine meetings follow, culminating in Patricia's reluctant promise to marry the man.

II

Such a night! The yawning cañons below were swimming with mist and moonlight. The mountains towered above, majestic, appalling in their strength. The pungent sweetness of sage and pine, the disturbing scent of the sun-saturated earth, claimed her senses.

From some unknown corner of her brain, fear leaped. What had she done? Who was this man to whom she was going? A product of this great, bizarre West, so fierce, undisciplined, and lacking in *nuances*. Stan's great shoulders were a little like these rugged mountains. And his mind—she had explored it so little. Might it not enchant and enslave like this terrifying splendor of the night? She shivered and her thoughts went rushing back to that safe, if tedious, past that she was putting away from her forever.

A sharp bend in the trail, a dark figure looming portentously, a sudden sickening leap of her heart—then she was caught close in Stan's hungry embrace;

the salt of her sudden rush of tears mingled with his kisses.

III

For anguished hours through that night the father sat by his window looking out at the purple mountains, the drenching moonlight, at snow-covered Baldy, there in the distance, rising silver white above the range . . . thinking! Then, as an outlet for pent-up feelings that called for some expression, he wrote in his diary:

"She has gone! . . .

"Patricia! Our only child, so tenderly loved, upon whom so many hopes were centered . . . gone! Was it for this that we brought her up, heaped advantages upon her, were patient with her, proud of her—for this, that she might turn from us in a moment, and, without a word of warning, leave us for a stranger who signed himself 'Stan' and said he would be waiting for her down the trail at eleven?

"God! What's the use of loving a child?"

"A foolish little memory . . . that day in Paris when George B—— persuaded me to cut off my mustache. Patsy met me at the door when I came home (she was only eight) and drew back startled at my altered countenance.

" 'What's the matter, Dinkels?' I smiled awkwardly. 'Don't you know father? Aren't you going to kiss father?'

"The child hesitated, her lip quivered, her eyes filled slowly with tears.

" 'You know, father, I—I shall always love you just as much,' she stammered in sweet distress, 'no matter how—how *homely* you are!' "

"Ah, Patricia, my child! You have held my heart in the hollow of your hand from the moment I heard your first cry. All your wilfulness, your egotism, all our disagreements have not altered this deep and tender love for you that still abides. No action of yours can destroy my faith in the fundamentally fine woman you are and are to be. Life will point the way, as I could not."

CHAPTER VIII

Patricia Cuts Off Her Hair

We left our lovers on the mountain height, drinking in with rapturous silence the beauty of the valley far below with its million of winking lights. Great drifts of white mist floated like lost spirits in the cañons. California ceased to be California. It was their world to explore.

An hour later they were married in a little vine-covered rectory at Pasadena whither they were whisked in Stanley's car; and Patricia discovered to her surprise that her real name was, not Mrs. Stanley Matthews, but Mrs. Arthur Stanley Creighton, Matthews being a name assumed for movie purposes.

"Wasn't that poor old divine a scream?" the girl whispered, when they were back in the car. "You ought to get him to go into the movies, dear. I've never seen such a rectory-rector off the screen. One would have thought he was consigning us to perdition, judging by his studied melancholy."

Her newly-made husband smiled, but he said: "Don't, Patsy—please."

Surreptitiously she shot a quick glance at him and saw that his face was quivering. She had a half-suspicion that his eyes were misty, and moved toward him. The queerest thing—a lump came into her throat! She wanted to cry. She clung to him.

"You lovely thing," he kept saying, his lips close to her cheek. "Oh! you dear, dear girl!—*my wife!*"

Ten days in a lovers' retreat in the Arroyo, ten wonderful, breathless days that made life seem to Patricia like a shining river stretching away before her eager eyes, glinting and beckoning in the sunshine, promising ineffable happiness, beyond, just beyond.

"Not a cloud on the horizon," she wrote in her diary on the third day. The sails of my adventurous craft are set for that enchanting wind of good fortune which has brought me—my husband Stan."

On the next day she wrote: "I always knew that if father would stop inhibiting my actions, everything would clear up. It has marvelously. There is a surprise at every bend, until I am in danger of becoming that obnoxiously old-fashioned thing—an enthusiast."

And again she wrote: "I've been haunted by an idea that father and mother could never have experienced—could never have been—like Stan and me! If they were, how can our elders train themselves into such cast-iron miracles of repression? What is the matter with their memories—with their sympathies for young people?"

And again: "I know why our elders storm at us, 'the unregenerate new generation;' they are *peeved* that they have jogged alone past the mile-stone where they can plunge in, too, and enjoy us and our joys! If father were only a modern edition of the young man he once was, he would hail a girl like myself with enthusiasm. It is so silly of him to try to pull the wool over my eyes by his model conduct of to-day. Can't I read the eloquent French dots . . . in his books and see a few pictures of his youth myself? And I'm as glad that he owned those delicious dots . . . as I am sorry he disowns them! He would have been so much more fun if he would have taken me for an equal and comrade; chatted over some of his reminiscences with me in friendly fashion, instead of sitting aloft in Great High Mogul loneliness, demanding my respect.

"Why is it a daughter is supposed to be a little carved ivory image of the Madonna? Why not let her be what is *bound* to be, a flesh and blood woman—like other women? It is all so utterly inconsistent."

II

Patricia's first step into liberty was to have her hair cut off. Never would she forget the sensation of those cold shears on her neck, the way her head bobbed forward, the heavy dropping of her hair. Little shivers ran down her spine. The deed was done!

The barber uttered an exclamation; two white-aproned women in the beauty parlor turned to look with little ahs and ohs of regret. And Patsy overheard whispers:

"Such gorgeous hair!"

"What a pity!"

"A shame!"

"What a silly little fool!"

At first she sat calm and unmoved. How light and conquering her head felt! She picked up a hand mirror and studied herself in the big glass before her. The reflection smiled back, eyes alight with excitement. She ran her hands through the thick shock. It curled up delightfully, off her neck and brought out the fine contours of her head, just as she had felt sure it would.

In the midst of this exultation Patricia thought of her father. Her hair had always been his pride. She wore it flying, because he wished it, until she was nearly sixteen. And now—regret gnawed at her heart; but regrets in the face of facts are useless. Besides, it was more modern to have short hair, more stylish, sanitary, and infinitely less trouble. She told them to wrap it up, and after a delicious orgy of shopping she sallied home with her hair in a neat little package under her arm.

Patricia had just taken off her hat and turned from the dresser when she heard a shout from Stan:

"Here," she said, and shoved the box to her disapproving husband, then she melted into tears!

"Oh! Stan," she wailed. "I'm sorry. Father loved it so, and now—you!" her voice trailed off forlornly and ended in half uttered gurgles under his kisses.

Like a wise man he let her cry for a bit, then drew from her comfortingly the confession of a deeper worry than appeared. This had been troubling Patsy ever since their plunge down the trail together, although she had hardly admitted it to herself until now. *Perhaps her father did not love her!* She recalled something her mother had told her one day when she was about fifteen, that, although parents go right on loving their children with that first instinctive love they bestow upon them in babyhood, there comes a time, when children are beginning to be individuals (about the age of fifteen) when, if they want the *friendship* of their parents, they must earn it! *Earn it!* She hadn't earned it, and perhaps her father had ceased to love her!

Having decided this, the young wife got up, groped her way to the door and a moment later was back at Stan's bedside.

"Great God!"

He stood in the doorway, expressions flitting across his face at a terrific tempo. She recognized a masculine something oddly familiar that charged the whole room. She waited. Then the air cleared as unexpectedly as an April sky. Stan came over and kissed her.

"Where is it?" he asked quietly. "Oh, my dear, I *wish* you hadn't! I wish you hadn't had to!"

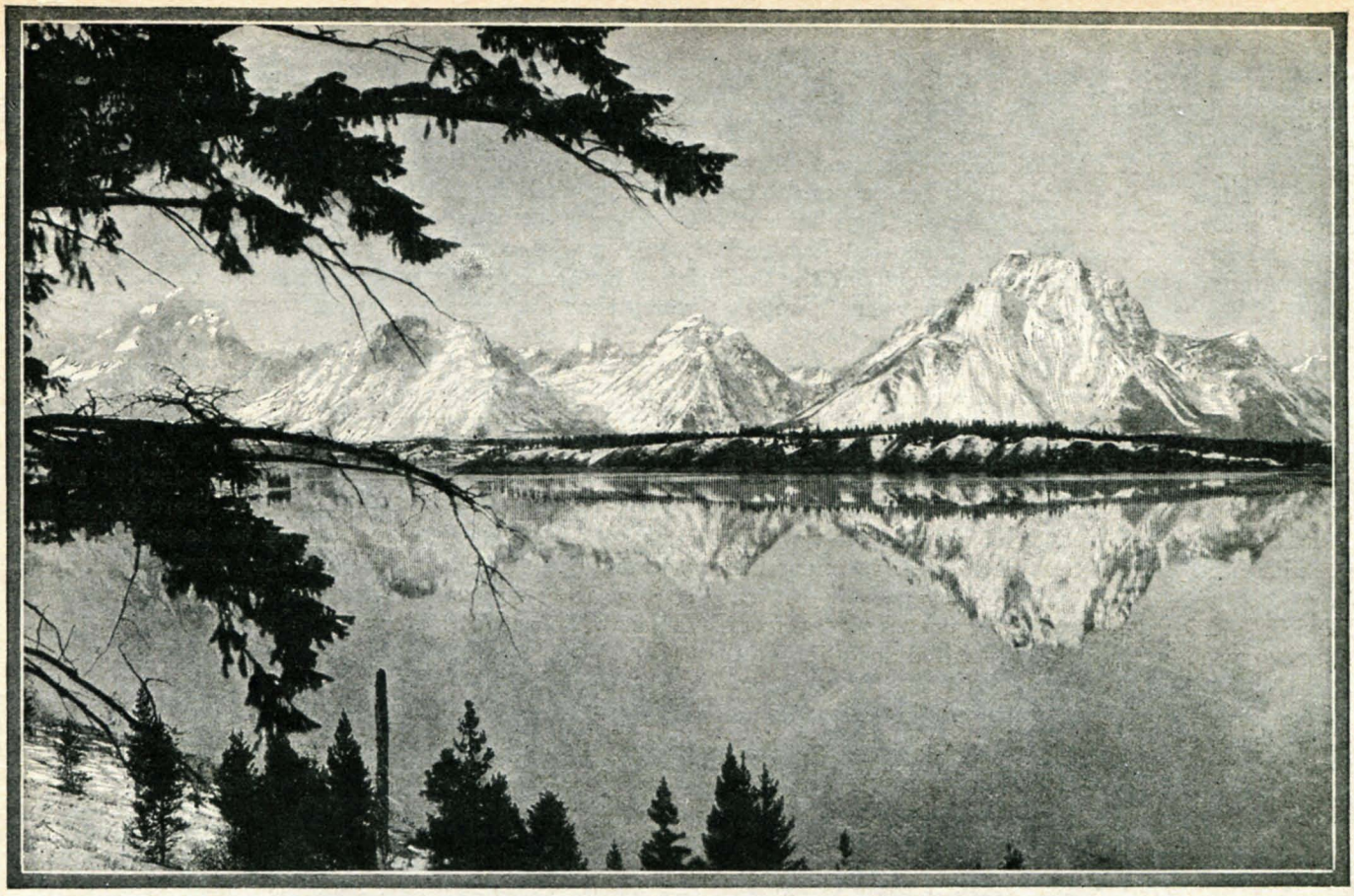
Pat fought her feelings, tossed her head and ran her fingers carelessly through the "bone of contention."

Stan laughed at this, reasoned, and urged the disconsolate bride to write to her father, but that she refused to do. He was older and he ought to reach out to her first.

"I'll compromise by writing to Mother, but I do wish . . . how I *wish* . . ." she sobbed. "Anyway *you* love me just as well without my hair—don't you?"

"I could not love you less, or better, darling. You own every fibre of my heart now—and always," he assured her.

(*Continued on page* 116)



The majesty and beauty of the bosom of Mother Nature. Specifically, it is the Teton Range and Jackson Lake. Mt. Moran, 12,100 feet, on the right.

How'd You Like Some Thrills?

Thrills That Build Health in the King of Sports—Mountain Climbing Tests Men and Makes Them

By LeRoy Jeffers

THE sport of mountain climbing is in many ways the finest and most interesting of all outdoor activities. Its thrill may be enenjoyed in safety far later in life than may other forms of vigorous exercise. None but the climber can know the fascination of the ascent or experience the joy of the summit. Courage and endurance are developed, for all one's skill may be required in solving the problem of a difficult rock peak; or one may find his resources taxed to the utmost when he is overtaken by storm amid the snow and ice of a glacier-hung summit.

In mountaineering one enters into intimate relations with the greatest heights and depths our planet has to offer, while a new world is opened to the student and lover of nature. All true mountaineers are at heart explorers, and the topography of a region is soonest revealed to him who ascends its highest elevation. In the pure, free air of the mountains one may part with his cares and find renewal of his life.

For the beginner much hardship and danger may be avoided by joining one of the various mountaineering clubs that offer summer outings amid our western peaks. From two to four weeks of camp life are offered, sometimes at a fixed camp from which knapsack trips and climbs are conducted; while with other clubs one may travel afoot with packtrain, moving camp almost daily.

Amid our Rocky Mountains, the Colorado Mountain Club has a summer climbing camp and a winter sports excursion. In Colorado alone there are over forty peaks exceeding 14,000 feet in height. The Sierra Club of San Francisco and Los Angeles, numbering around 3000 members, offers a wonderful opportunity to view the high Sierra every summer. It conducts long trips through mountain scenery that is unsurpassed in America. In the northwest the Mazamas of Portland, and the Mountaineers of Seattle camp on the slopes of their volcanic peaks and lead their members in safety to the snow-clad summits. In the Canadian Rockies the Alpine Club of Canada offers its members splendid climbing with ice-axe and rope under the supervision of Swiss guides. In the east one may camp with the Appalachian Club in the White Mountains, or follow the long trail of the Green Mountain Club over the hills of Vermont. These are only a few of many organizations which enable one to leave the strain of city life and live for a time in the open.

On a mountaineering expedition in which one is to be absent for a few days from permanent camp, a sleeping bag and provisions are carried on one's back. An ice-axe is taken to cut steps in the ice on a precipitous glacial ascent, to sound for concealed crevasses, and to aid in the descent. A rope is carried, which the climbers fasten about their waists to afford protection in difficult rock work, or on glacial snow fields where there are likely to be hidden crevasses. Goggles of amber glass are necessary to protect the eyes from the glare of the snow and from the burning actinic rays. Most important are the alpine boots, which are specially made and must be edged and studded with Swiss nails for safety in climbing.

A mountaineer should have a highly cultivated sense of balance; it should be easy for him to stand directly upon the brink of a precipice. He ought never to be careless in his movements, but must keep steady, whether the hand-holds are ample or only give opportunity for the use of a few fingers. Occasionally his weight may be supported on a narrow ledge by but two or three nails in his boot. A true mountaineer will be cautious, but fearless in the face of danger.

There are many thrills which a climber may enjoy. On crossing the upper snow fields of a glacier the man or woman next him on the rope may suddenly disappear from view into a hidden crevasse of unknown depth, falling with the snow bridge for 10 or 15 feet until checked by the rope. In reaching the *bergscherund*, or great crevasse near the head of the glacier, there are yawning chasms difficult to cross, especially when there is an overhanging snow cornice above them. In precipitous climbing the rock is often rotten and may suddenly give way with disastrous results unless one's companion has belayed the rope about a rock, or has a sufficiently secure position to withstand the unexpected strain. Often there is the unseen peril of falling stones or avalanches which may sweep the route of ascent. When the snow is light and powdery, covering a steep, icy slope, or when it is wet and heavy on the heights, the mountaineer must proceed with extreme caution if he would avoid starting an avalanche from which he cannot escape. Electrical conditions on a mountain top may become exceedingly dangerous, forcing hasty retreat and imperiling the whole party, which are sometimes struck by lightning. High winds, against which no one can stand, frequently sweep the upper slopes of a mountain; and sudden storms arise which lower the temperature, coat the rocks with ice, and veil everything in an impenetrable blizzard. The careful mountaineer will avoid many of these perils, but when they are encountered, his skill and resourcefulness will be put to the test.

While it is not advisable to ascend high mountains without companions, many explorers and mountaineers have found that they must do so occasionally or lose their only opportunity. Last summer I revisited the Rocky Mountain National Park in Colorado, reaching it by auto from Denver by way of its most scenic approach, the canyon of the Big Thompson river. From the village of Estes Park we went over the new Fall River road, which climbs the continental divide amid many peaks at an elevation of (*Continued on page* 70)

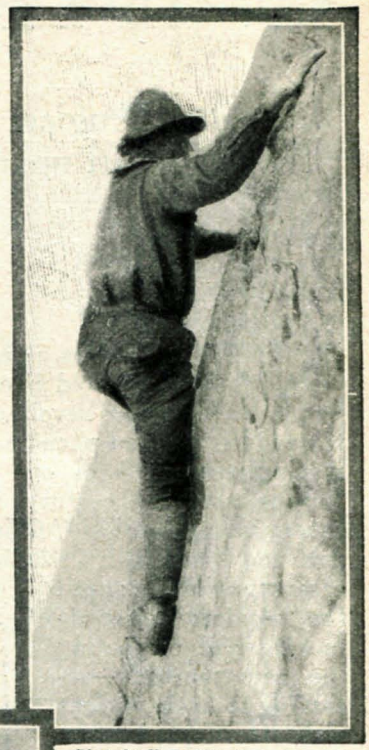


Photo by R. L. Glisan.

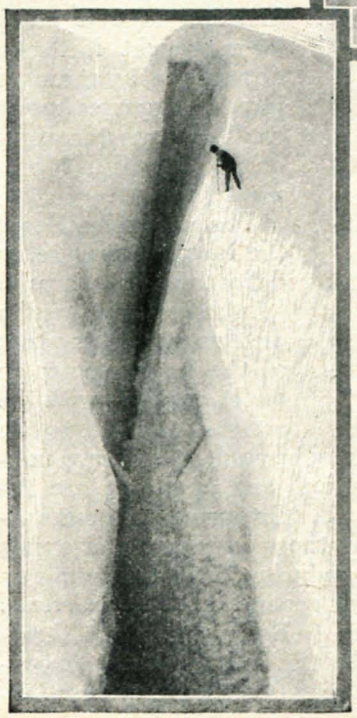
It's a system of physical culture that will satisfy any man. This little stunt of rock climbing is chiefly a matter of nerve and strong, steady grip, but it is not that alone. The rock may crumble, and that of course would make it even more interesting.

Photo by B. Harriman.

The picture shows how it looks, but not altogether how it feels, to reach the summit. There is a thrill here too, though a different kind of a thrill from those of the other two pictures on this page.

(Below.) This is thrill number three, according to the order of these pictures, but you can call it thrill number one if you feel that way about it. This business of peering into a glacial crevice of unknown depth is something that you do carefully—very, very carefully.

Photo by R. L. Glisan.



Curing Mechanically

Drugless Treatment, or the Nature Cure, Depends in Large Part upon Manipulative and Mechanical Adjustments

By Annie Riley Hale

NOTHING points more clearly to waning public faith in the old line School of Medicine, and the popular revolt against its methods, than the sudden rise and phenomenal growth of the modern manipulative cults of one kind and another. In Europe about a century ago, Massage, Mechano-therapy, and Physical Culture, for a time disputed the pathologic field with Orthodox Medicine, and in many cases supplanted it; until the "regulars," after attacking and combating the new methods—according to their ancient custom—adopted them, and with or without modification, incorporated them into the medical scheme of things.

More recent examples of manipulative therapy in this country, are Osteopathy, Chiropractic, Neuropathy, Spondylotherapy, and one or two other minor ones, all carrying the same general idea, but with no distinctive technique in operation to justify a separate nomenclature. The best known, of course, are the first two, Osteopathy and Chiropractic, and the only two which have developed well-defined therapeutic systems with separate schools, clinics, practitioners, and literature.

The main purpose of this article is to examine the various manipulative cults with reference to their claim to be included in the general system of Natural Therapeutics, and the extent to which they agree or disagree with Nature Cure philosophy and practice; yet because of the popular interest centering in thes manipulative schools, some historic background of them and their founders may be welcomed here by the reader. The first man whose name is prominently associated with manipulative exercises in the treatment of disease, was Peter Henrik Ling, Swedish poet, minister, and teacher of modern languages, who lived from 1766 to 1839. The son of a curate who died early, young Ling who had also been educated for the church, found theology less useful as a means of livelihood than his knowledge of foreign languages; and impelled both by poverty and ill health, he began to travel in Denmark, Germany, France, and England, maintaining a scanty subsistence as a tutor in modern languages. In the course of his travels, he acquired a knowledge of the art of fencing, the practice of which he claims cured him of gout and rheumatism. This taught him to infer the wholesome effects which might be produced, not only on the body but on the mind, by specifically calculated movements based on rational principles of physiology and hygiene. Fencing was well enough, but that didn't tell the whole story; and being still young, yet suffering from a deep-seated affection of the lungs which his physician had pronounced "incurable," Ling began to revolve in his mind the idea which later brought forth his complete system of physical exercises known as "Mechano-therapy," or the "Swedish Movement Cure."

The basic principles of the Movement Cure, as defined by Ling, are: 1, "Nutrition, or muscular development of any part of the body, occurs in direct relation with the active movements to which the part has been subjected; 2, Every exercise of which the direction and duration are determined, is a movement; 3, Movements are mechanical agencies directed upon the whole system or a part of it, for the purpose of inducing determinate effects upon its vital actions, and generally having reference to its pathological state; 4, Each movement therefore, is an *idea* expressed by the body." These "movements," we learn further, may (*Continued on page* 135)

Overhauling the Human Machine

THE human body, taken altogether with the life that is in it, presents the sum total, which is man, as a creature so complex that there are many ways in which he can get out of gear or become deranged. He may go wrong chemically; he may go wrong biologically; he may even go wrong mentally—that is with respect to either mind or nerves. Or like any other machine he may go wrong mechanically.

The functions of life are partly a matter of mechanics, partly chemical in nature, partly mental, partly, or perhaps chiefly, biological. The nature cure must therefore consider all of these factors. The biological and chemical factors in the nature cure are to a large extent concerned with diet. But where trouble is due to mechanical maladjustments, including congestion and circulation derangements, mechanical treatment may be necessary. Hydrotherapy, considered in recent numbers of this magazine, is a marked factor of the nature cure and will answer in many cases. It all depends upon the individual case.

Therapeutic practice of recent years, however, has laid greater and greater stress upon the mechanical and manipulative phases of drugless treatment—particularly along the line of spinal adjustment. Mrs. Hale, whose specialty is research, has given us in this article a summary of mechano-therapy of special value because of the historical developments which she has brought out.—THE EDITOR.

Evicting Gall Stones Without The Knife

With Special Reference to Other Bloodless Operations on the Digestive Organs

By R. Lincoln Graham, M. D.

THERE was a time, and within the memory of very young school boys at that, when a case of chronic digestive trouble that didn't sooner or later mean parting with the appendix was an exceptionally rare thing.

So thoroughly "sold" were doctors and surgeons — particularly the leaders in the field of major abdominal surgery on the advantages of appendectomy that the removal of this piece of useless gut from everyone, old and young, fat or thin, big or little, was advised as a routine precautionary measure.

The advantages of this procedure having been proved by bitter experience to be decidedly overestimated, the surgeons switched their field of operations from appendectomies to pyloric and duodenal ulcer. Operations for these ailments now outnumber appendectomies.

From a very rare operation, gastro-enterostomy—as the operation of making a false opening from the stomach into the intestines is called—has become one of the most common among major operations.

At a very conservative estimate the number of these operations performed in the United States alone will average fifty thousand a year.

Not only are these operations attended with grave shock and serious after results, but their very purpose is to destroy nature's method and mechanism. For the ultimate outcome is a constriction of this opening made by the surgeons through the subsequent contraction of the scar tissue.

In thirty years' close study of the abdominal lesions I may say here that I have not seen more than five cases of duodenal ulcer. Dr. William H. Porter, Professor Emeritus in Pathology at the Post Graduate Medical School and Hospital, New York, more than corroborates this experience. For, in three thousand and five hundred cadavers, in which he made a thorough dissection, he never saw one case that might be indubitably classed as duodenal ulcer.

And yet operations for the correction of this disease are one of the most common procedures in major surgery today.

Ulceration of that portion of the digestive tract, known as the pylorus—the junction of the duodenal part of the intestines and the stomach—is fairly common, however. It occurs in fully five percent of all stomach cases.

The line of the pylorus is never constant. Therefore, many cases are classed as pyloric when in reality they should be classed as ventricular. Because of the proximity to the pylorus, confusion in the diagnosis is likely to occur.

Failure to exactly locate the ulcer, however, makes no difference in rational constructive treatment. For the treatment is identical with that of pyloric ulcer, and is attended with equally successful results.

In the clinic almost daily one sees cases where the diagnosis and X-ray reading have been made of duodenal ulcer. Yet, upon relieving the sag behind the pylorus from a displaced and twisted stomach, this is shown to be nothing more than a local congestion.

In the treatment of stomach, pyloric or duodenal ulcer, water, scientifically administered, plays a tremendously important part.

However, I have never in any textbook been able to find reference to treatment by *OSMOSIS*, as I call this water cure, yet this is so uniform in its results, and so palpable and readily understood that it is almost inconceivable that the medical profession has ignored it.

Here is the principle of osmosis, simply stated: When two fluids are separated from each other by an animal membrane, there is a movement from the heavier to the lighter, to equalize their density or weight. This causes a movement of fluid through one membrane which exerts a most decided effect upon the tissues.

A daily illustration of this is in the washed-out, bleached, shriveled appearance of the hands of the washerwoman, immersed (*Continued on page* 145)

When Are Operations Necessary?

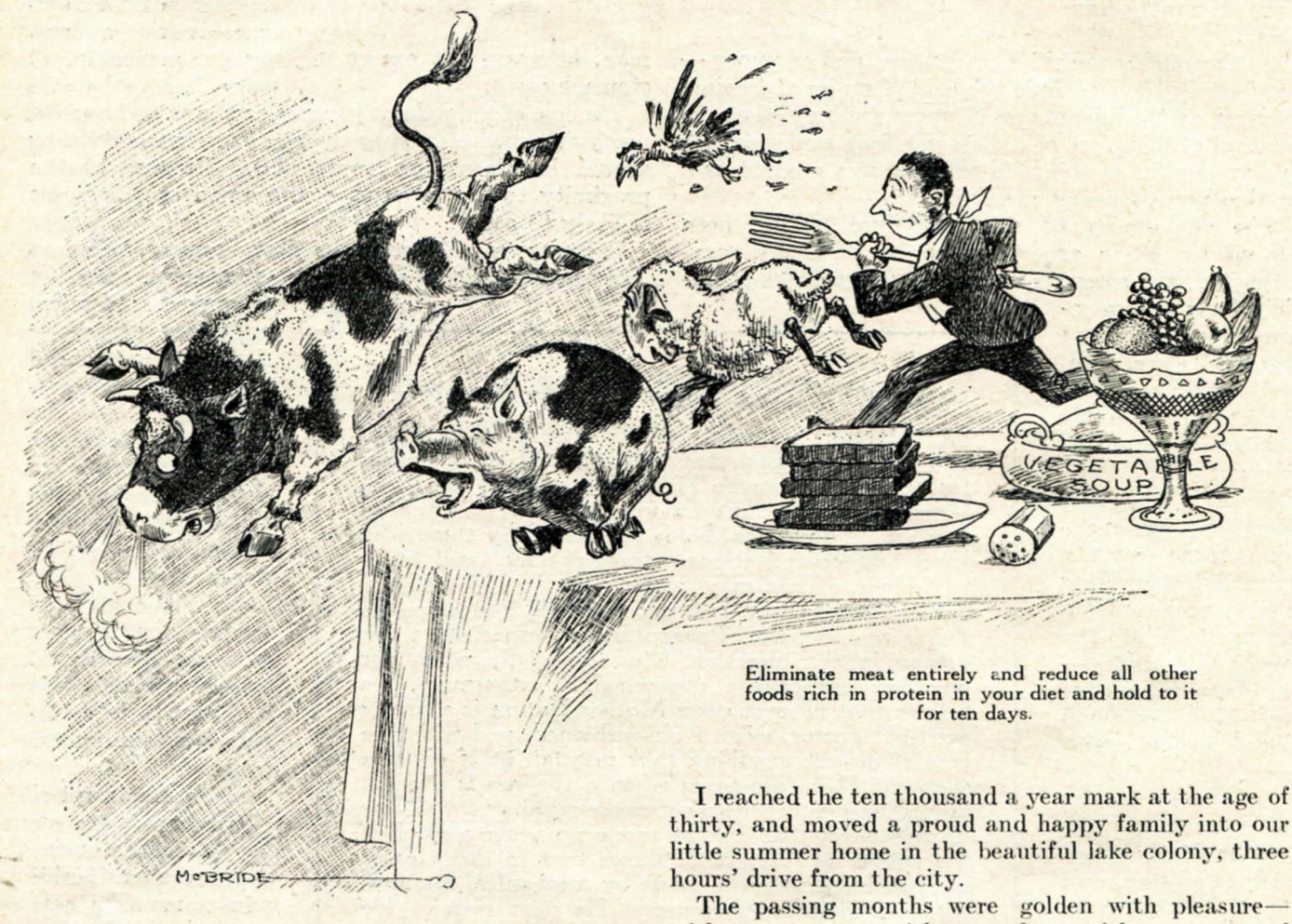
A FRIEND of ours, recently introduced into high society, reports that he has found his operation for appendicitis to be his best credential for social standing, except that having had a very ordinary and simple operation, he is outclassed by those who have had complications, strangulations, and other trimmings. That may be all right in high society, but we still believe that most people like ourselves shiver at the sight of sharp knives, especially when turned in our direction. And especially when our sensitive insides are concerned. Furthermore, we believe that in most cases Mother Nature is a pretty good old doctor, even if old-fashioned, and will take care of almost anything that may ail us if given a chance. There are times when a surgeon is a much needed carpenter who must make repairs as a matter of mechanics that can be made no other way. But the author of this article shows that in many cases internal repairs can be made by mechanical manipulations and other measures. He uses water. He assists in elimination. He is a medical man using natural methods. Read this article.—THE EDITOR.

That $10,000 a Year Pain

Don't Let the Doctors Put the Blame on Supposedly Bad Teeth, When the Real Cause of Your Trouble, Rheumatic or Otherwise, Is Excess of Meat

By The One Who Had It

CARTOONS BY HUBBELL REED McBRIDE



Eliminate meat entirely and reduce all other foods rich in protein in your diet and hold to it for ten days.

UNDOUBTEDLY there are those who can consider the significant sum of ten thousand dollars dispassionately, without the slightest rise in temperature or a single palpitation. But I am not one of them!

Ten thousand dollars means more than merely ten thousand dollars to me. It means comfort, freedom from worry, a happy home, spending money for the family and a feeling of independence that is the essence of happiness to me.

It spells ten years of ceaseless plugging and sacrifice—the difference between twenty dollars a week and two hundred dollars a week, the difference between strap-hanging and driving your own car, the difference between stuffing cotton in the door bell against the collector and leaving out the latch-string for your friends.

And it means a lot more, too.

I reached the ten thousand a year mark at the age of thirty, and moved a proud and happy family into our little summer home in the beautiful lake colony, three hours' drive from the city.

The passing months were golden with pleasure—without a worry, without a fear, without a wasted minute. And then came the Pain. It was just a sort of dull ache at first, punctuated occasionally by a sharp stab. It caught me just a little to the left of the small of my back.

At first I thought it was due to some extra violent exercise—then to a cold.

I felt it distinctly every morning for a half hour or so. Then I began to feel it at night, waking in the early hours of the morning with a knot in my back, a painful kink that would loosen only through back-limbering exercise.

It grew worse, until moving in bed was a physical feat worthy of applause. It put an end to my garden work and it robbed driving of its joy and made the automobile an instrument of torture. And, of course, my work suffered.

"Lumbago," said one friend positively. "Rheumatism," explained another. "Neuritis," warned a third.

"Hell!" assured a business acquaintance who was undergoing the same thrills.

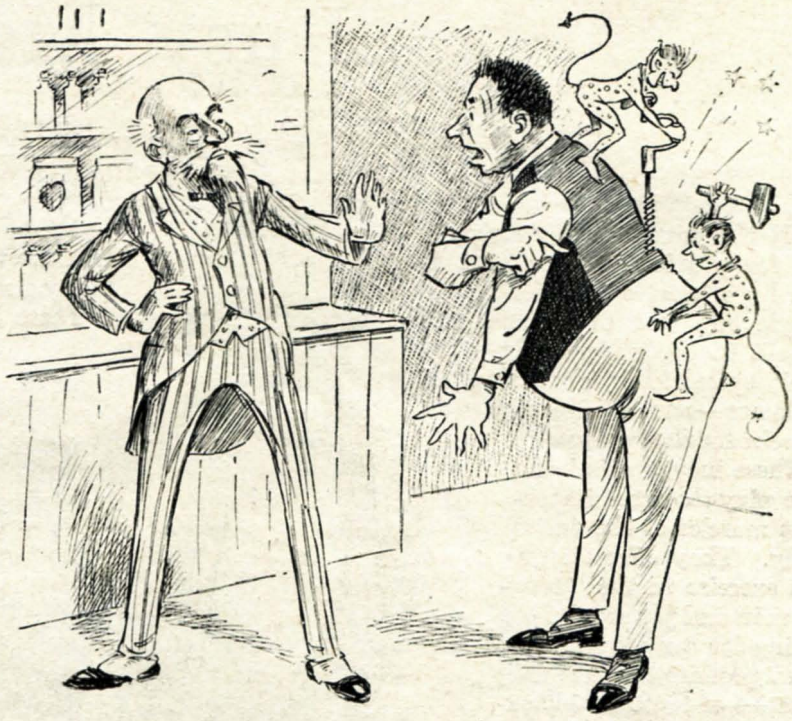
My brother had been suffering from rheumatism and recently had five teeth extracted.

"Bad teeth," he vowed, and ordered me to have some pulled. The first doctor I visited examined me for physical injuries, then for kidney trouble and finally requested a Wassermann. I knew the last was unnecessary but met his request. He advised me to get more fresh air and to try gardening.

The second doctor tested me for stomach ulcer, quizzed me regarding rheumatism, suggested I have an X-ray taken of my teeth and asked for a Wassermann. I got it for him and it was clearly negative. He advised rest and the elimination of violent exercise.

The third doctor's advice was the same as the others.

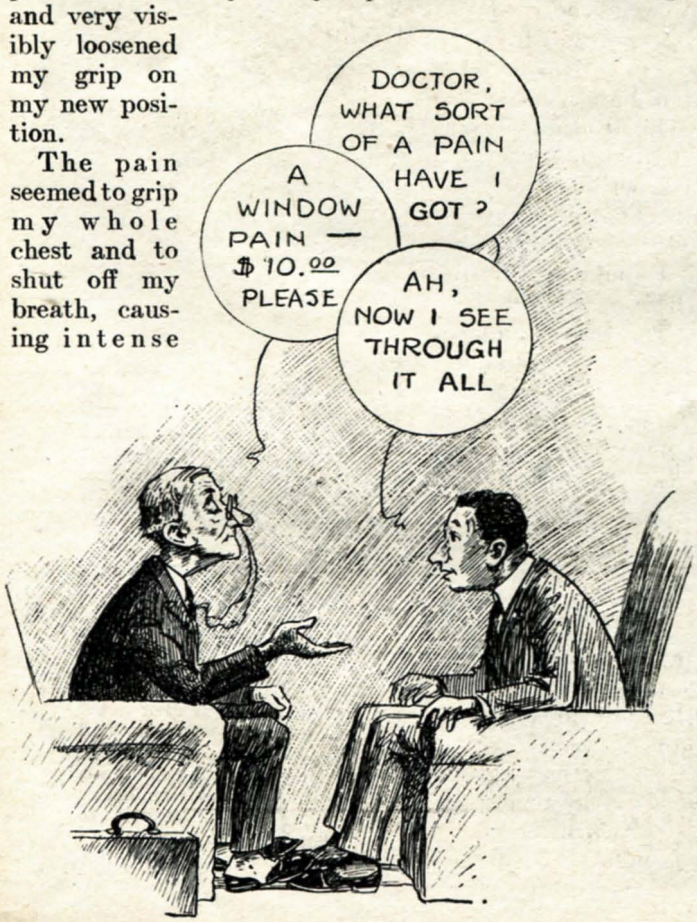
Number four was a homeopath and he gave me some sugar pills. His medicine, he promised me, would rout my dinky little pain in no time. It had never failed to master any disease to which mere man was subjected. That is, it never had until my particular ache claimed its attention.



His medicine, he promised me, would rout my dinky little pain in no time

My pain had now reached a stage where it would grip my back in the middle of the night and then extend forward into my chest and by five in the morning I would have to attempt to get on my feet for relief. I had been about thirty pounds overweight, but the pain had reduced me nicely. I had lost about thirty-six pounds. It cut my ability to produce to almost nothing and very visibly loosened my grip on my new position.

The pain seemed to grip my whole chest and to shut off my breath, causing intense heart pains. This terrified us—but it threw light on the cause of my troubles.



We knew two or three friends who had at one time or another suffered attacks of indigestion. On their advice I took a cup of very hot water with a full teaspoon of baking soda in the morning.

This helped wonderfully. Within five minutes the soda and hot water released at least part of the gas that had been torturing me, and partial relief was instantaneous.

I realized then that indigestion was probably at the bottom of my misery—but I had gained no hint of this from any of the five doctors I had visited.

I remembered reading, perhaps twelve or fifteen years ago, how certain members of the Physical Culture cult fasted two weeks each year with excellent results. I could not fast two weeks, but I could fast four days. That was my goal: four days with nothing but a little milk. It brought good results. It did not eliminate the pain but it did away with the symptoms of acute indigestion.

I discovered that among my acquaintances at least five were suffering periodically from what their doctors called rheumatism. I interviewed a few of them, and found that their treatment consisted mostly of diet. And from that diet I took my own cue. I became practically a vegetarian, eating fish once a week and meat once every two weeks.

Within a month I knew I had the answer, or at least enough of it so I could sleep nights. But this was almost eight months after the appearance of the original pain and two months after I had been shelved on account of ill health, and had seen my wonderful ten thousand dollar job go to another. I had been assured that when I was back on my feet again I would find another high grade position awaiting me. Meanwhile I could handle as much work as my condition permitted—and accept $100.00 a week, or half my ten thousand dollar salary. And (*Continued on page* 148)

Five Minute Exercises for the Busy Man

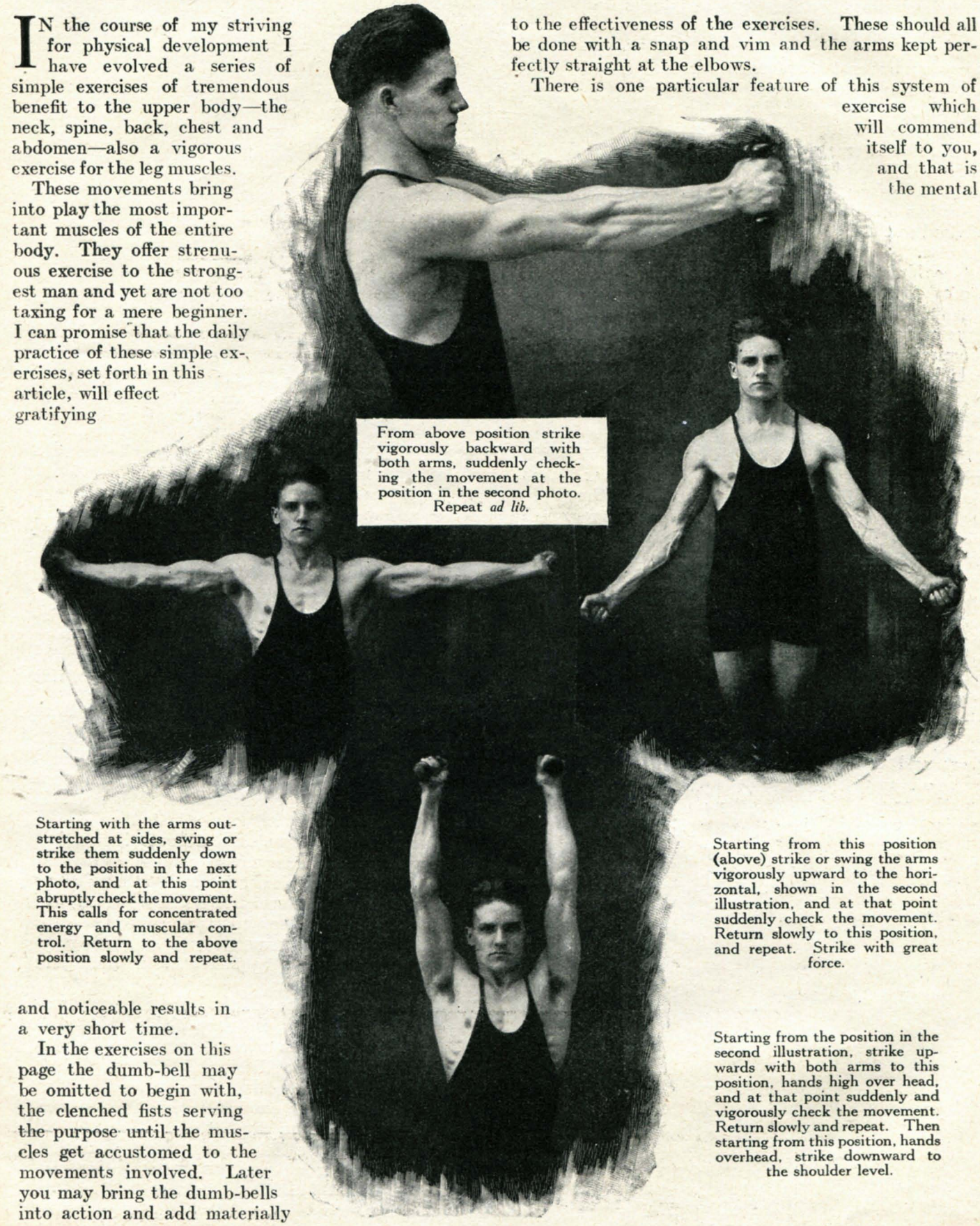
By Ray Sims

IN the course of my striving for physical development I have evolved a series of simple exercises of tremendous benefit to the upper body—the neck, spine, back, chest and abdomen—also a vigorous exercise for the leg muscles.

These movements bring into play the most important muscles of the entire body. They offer strenuous exercise to the strongest man and yet are not too taxing for a mere beginner. I can promise that the daily practice of these simple exercises, set forth in this article, will effect gratifying and noticeable results in a very short time.

In the exercises on this page the dumb-bell may be omitted to begin with, the clenched fists serving the purpose until the muscles get accustomed to the movements involved. Later you may bring the dumb-bells into action and add materially to the effectiveness of the exercises. These should all be done with a snap and vim and the arms kept perfectly straight at the elbows.

There is one particular feature of this system of exercise which will commend itself to you, and that is the mental



From above position strike vigorously backward with both arms, suddenly checking the movement at the position in the second photo. Repeat *ad lib.*

Starting with the arms outstretched at sides, swing or strike them suddenly down to the position in the next photo, and at this point abruptly check the movement. This calls for concentrated energy and muscular control. Return to the above position slowly and repeat.

Starting from this position (above) strike or swing the arms vigorously upward to the horizontal, shown in the second illustration, and at that point suddenly check the movement. Return slowly to this position, and repeat. Strike with great force.

Starting from the position in the second illustration, strike upwards with both arms to this position, hands high over head, and at that point suddenly and vigorously check the movement. Return slowly and repeat. Then starting from this position, hands overhead, strike downward to the shoulder level.

Take the detachable handle of a floor brush or mop. Grasp it tightly, a foot or more from either side of the body, against the thighs in front. With heels together, and standing rigidly erect, slowly raise the pole overhead—extending the arms to their fullest length—until, executing a perfect circle, the pole touches the back of the thighs.

Without bending the arms or shifting the grasp, slowly bring the pole back over head to the starting position and repeat ad libitum. This is an excellent exercise for the development of the back and the correction of round shoulders.

For neck and spine. Chin on chest, force the head far backward, resisting powerfully with a bathtowel across the back of the neck, as illustrated.

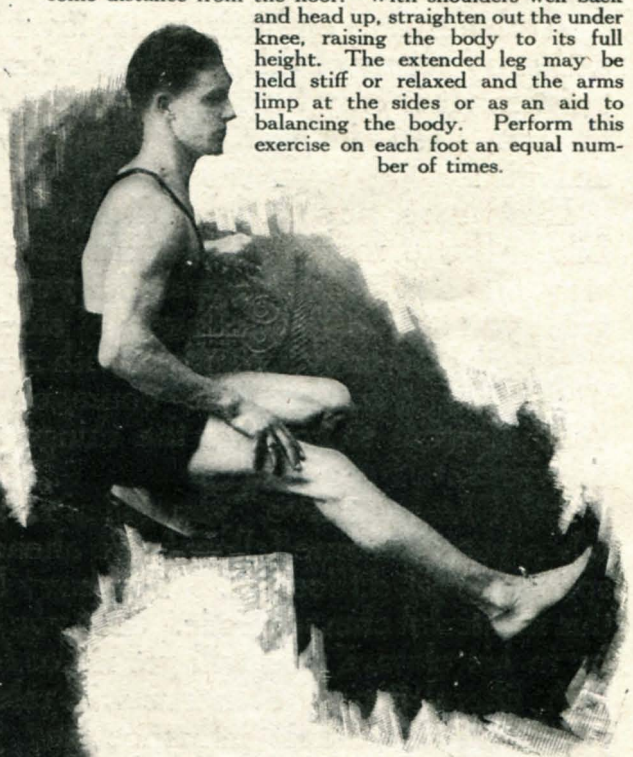
factor. You will find that you cannot do these exercises without a high degree of mental concentration. The factor of nerve force enters so largely into any form of intelligent physical training that this mental concentration is very important indeed. You not only exercise the muscles of the body, but you exercise the nerves which control them, and you also exercise the brain cells.

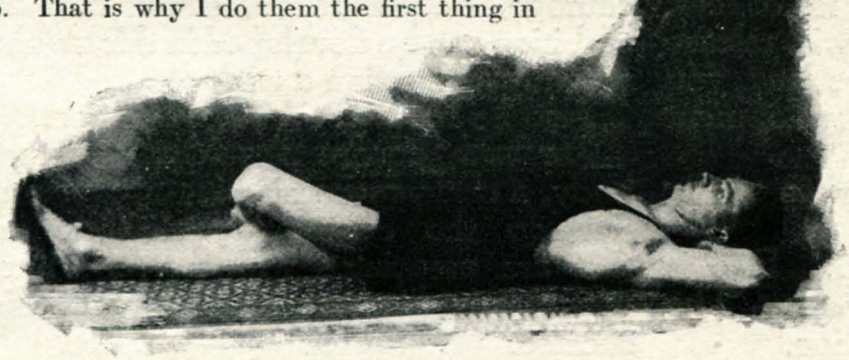
You cannot do these exercises without being very much awake. If you are not awake when you start them they will assuredly wake you up. That is why I do them the first thing in the morning. They are not desirable as bedtime exercises for they are too energizing, too stimulating. It is much better to take a slow walk, or to do relaxing movements on retiring.

If you have ever had the experience of growing tired of a daily system of exercise, as thousands of people undoubtedly have grown tired, because exercise after a time becomes monotonous and too much like work, then you will find this system a very gratifying change. The amount of mental concentration in performing each and every movement of each exercise will so occupy your mind as to render them always attractive.

I have been interested in physical development for a long time, and after much experiment I have found that this group of movements offers a satisfactory five-minute system of keeping fit.

The start of an exercise for the calves and thighs is shown below. It is performed on a chair or any solid surface some distance from the floor. With shoulders well back and head up, straighten out the under knee, raising the body to its full height. The extended leg may be held stiff or relaxed and the arms limp at the sides or as an aid to balancing the body. Perform this exercise on each foot an equal number of times.





Lying on the floor with the left leg lightly crossed over the right, the extended foot under a heavy piece of furniture, and the hands clasped behind the neck, raise to a sitting position, keeping the upper body straight. Lower without bending the back, and reverse, extending the left leg and crossing the right. This exercise brings into play the muscles in the abdominal region. It may be made still more strenuous by holding in the hands, back of the head, a small weight such as a dumb-bell.

Get More "Nerve"

By Bernarr Macfadden

NERVE is an invaluable asset.

It gives you bulldog tenacity.

The man with nerve cannot be denied. He dominates every situation, provided intelligence is combined therewith.

Some brainless people are "nervy." But they are merely unbalanced. It is a case of rushing in where even "angels fear to tread." Such people are properly "stepped on" ultimately.

Nerve properly guided is the backbone of a successful career.

It makes you grit your teeth and forge ahead. It gives you determination, persistence, the "never say die" attitude. With it you should conquer all difficulties.

Without nerve you become a mere human clod. The cipher class encompasses you. You become a "has been" or worse still a "never was."

Ambition and enthusiasm are fired into action by plenty of this invaluable characteristic. It is only then that you are able to put keen interest (soul) into your activities.

Life's most powerful handicap is fear. Like a huge mountain it stands in your way. Its shadow is always with you. It grips you at times with fingers of steel.

We always envy the fellow with nerve. The man who has the courage, the determination to go after the things that he wants.

"My! he has nerve," you will often say, when you see some fellow forge ahead in spite of great difficulties. You envy him this masterful characteristic. But you can be in his class, if you will get rid of fear.

A liberal supply of nerve will release you from its satanic influence and you can acquire this through the development of more physical power.

A courageous soldier is always vitally strong.

A weakling is always afraid. Fear is the natural protection of the weak. The strong do not need this protection.

The lesson is self-evident. A strong man is naturally courageous. He has cast out fear because he has no need for it. He can take care of himself.

The close association of weakness and fear is everywhere manifested.

Even strong men, when ailing, lose their courage, their nerve. While they are weak they have all the fears of the weakling.

But when their strength comes back, they are again ready to do and dare. If you are encompassed by fear, if this shadow stands in your way continually, get out of the weakling class.

Work like a Trojan to develop a strong body. Give special attention to strengthening the spine. Within the human spine there is stored the nervous energy that runs the human machine. Messages go out on the telegraph wires (nerves) to all parts of the body.

All the vital organs are thus controlled.

Therefore, give special attention to the care of the body and take exercises for the development of a strong spine and a vigorous body throughout.

This will give you the physical foundation for courage.

You will feel strong enough to take care of yourself in every emergency. Then unconsciously fear will be left in the background.

You will be able to face the world with clear eyes, and a determined countenance.

Emergencies that formerly made you tremble with fear will be met smilingly.

If you do not believe additional nerve, courage, determination, enthusiasm and ambition can be developed in this manner, give my suggestion a trial.

And be ready for a huge surprise.

For with square shoulders, a sturdy body, a clear, more piercing eye, you will develop the dominating characteristics that are associated with nerve, without which your life cannot be a compelling success.

Fighting Mad

The Story of a Warped Soul

By Tod Robbins

ILLUSTRATIONS BY ANGELO STUDIOS

CHAPTER LIII (*Continued*)

I LEAPED to my feet and wheeled about. Smythe's bulky figure blocked the doorway; and behind him, peering over his shoulder, I saw the white, startled face of Eleanor. Unnoticed, they had watched me at my work.

Smythe's face was purple from drink and rage. He strode into the room, leaving Eleanor in the doorway.

"Ring up the police," he called back to her. "Be quick now!" And then he said to me: "Stealing, were you? I'll teach you!" His heavy hand fell on my shoulder and fastened itself there. "Stealing, were you?" He shook me as a terrier shakes a rat.

I heard Eleanor's voice, loud, insistent. "Is this Central? Help! Help! There're thieves in the house! Two thirty-five Central Park West!"

But Smythe still shook me, and repeated hoarsely: "Stealing, were you? I'll teach you! You'll go up the river for this."

"I don't understand," I said, looking up into his bloated face. "This money is surely mine. I don't understand."

"You don't, eh? You'll have a long time to think it over. Steal from me, will you?"

"Let me go," I pleaded.

"Let you go? Yes, I'll let you go to jail. Be quiet now, or——"

But suddenly a terrible anger seized me—an anger such as I had never known before. It was as though the long and dreary years had opened up their heavy gates of sorrow and let the red waves of fury go surging through my brain. This enemy of mine now stood in my path. I must conquer him, or he must conquer me.

"Take your hands off!" I cried. "Take your hands off I say!" And, as I spoke, I pushed him from me with such force that he flew back against the wall.

"So," said he—his voice was now as cold as ice, the whiskey had gone out of his eyes—"So you *are* a fighter? Then, by God, you'll get what's coming to you!"

He advanced towards me, slowly, cautiously, bending slightly forward from the waist; and it seemed to me that I was in the ring again and heard the hoarse shouting of the people in the distance. So I stepped forward, laughing, with a great joy in my heart, while all the time Eleanor's face, like a mask of terror, looked in at us from the open door.

He feinted with his right and drove a straight left to my mouth. I tasted blood and struck him on the forehead so that he staggered in his tracks. Again he came on; and, seeing an opening, I let him have it in the body. I felt my fist sink into the soft flesh beneath his ribs. With a grunt like a stricken ox, he fell to his knees.

But he was up again directly. And now his face was sickly white and wet with the dew of agony. All his science fell away from him. He came at me with a rush. There was no time for parrying blows—no, nor

The Story of a Man Who Changed His Face

"DEACON" FREDERICK COLGATE has inherited much wealth in the form of New York slum real estate. In his youth he has had a fight with his best college chum, Bruce Smythe, in which Colgate was knocked senseless in front of the fireplace in his room, his arm being burnt in the hot coals so as to leave a disfiguring and identifying scar. Young Colgate meets beautiful but irresponsible Eleanor Watson among his slum tenants, and marries her, only to be disillusioned with her ideas of high society life. Ultimately finding his wife in the arms of his false friend, Smythe, he leaves home and barely escapes death in a railroad wreck. The burned body of another man is mistaken for Colgate, who then, unknown, wanders through the world as a tramp. He develops vigorous health and a taste for fighting, finally being introduced into the prize-ring by a promoter and manager named "Hippo." Known as "Young Lewis," our hero follows the career of a professional boxer for five or six years, during which time his much battered face becomes changed and unrecognizable. He is discovered in California by his boyhood friend and college room-mate, Billy Hartley, who takes him home with him to see his sister Louise. The latter advises him to forget the past and go back to his wife. He returns to New York, only to learn that his wife is married to Smythe. He ignores his rightful claims to valuable properties, and, out of money, is prevailed upon by his lawyer to take a job as man-of-all-work in the home of the Smythes—his own house. His employers remain unaware of his identity. One night in a state of delirium, thinking of his own money, he unconsciously seeks the safe. He is in the act of opening it when discovered.

space to deliver them—for we were breast to breast and eye to eye.

I felt his hot breath on my cheek and saw his white, perspiring face close to mine. Even now his fingers were clutching at my throat. Seizing his hand—such was my strength that night—I bent it back and over till I heard the bone of his wrist snap as a dry branch might snap across your knee. Then I pushed him from me; and, falling over a chair, he went crashing to the floor.

But once more he rose, swaying, staggering on his feet. And such was the brute courage of the man, that he tottered toward me—yes, and struck me, struck me feebly, with a crushed and useless hand which hung limply from his broken wrist. And I—in my terrible anger—seized him about the neck with an arm of steel, held him so, and drove my fist again and again into his face, till at last it was a mere bloody pulp. Then I hurled him from me, and he fell unconscious to the floor.

All remembrance of what followed has faded like a dream. They say that they found me stamping on his face; and it may be true, for I remember vaguely that on the morrow I noticed dried blood on the heel of my shoe and wondered at it.

A dim recollection I still have of seeing many strange faces in the doorway; of being seized and borne away; of people's voices in my ears; and then of waking, waking to the midnight and the bright and radiant faces of the phantoms—phantoms dancing in the moonlight, with the flame of understanding in their eyes.

CHAPTER LIV

It was after ten o'clock in the morning, when I regained normal consciousness. I was sitting on the side of a narrow cot, staring stupidly at two bands of sunlight which crept between the bars of the window. At first everything in the room—the chair, the table, —was vague, unreal, shadowy. But gradually they grew clearer and clearer, till they assumed a magnified distinctness. Each of these objects seemed to have a certain atmosphere of its own; each had a separate and conflicting personality.

I rose, and, walking over to the door, tried to open it. It resisted my efforts. Evidently I was in jail. But why had I been arrested? I sat down again and tried to recollect what had happened on the night before. Gradually, like the sunlight creeping through the barred window, memory stole into my clouded brain.

As I sat there, pondering, the cell door opened and Roberts and Jenkins were ushered in. Both had a peculiar air about them. The doctor's face was pale, his blue eyes had a haggard, sleepless look; the lawyer kept clasping and unclasping his thin yellow hands.

"This is a pretty mess, 'Deacon,'" Roberts said, putting his hand on my shoulder. "And all because of this old fool here!" He indicated Jenkins by a jerk of the head. "If he hadn't been so ready with his diabolical cunning, you wouldn't be in jail."

"What's that?" asked Jenkins suddenly, pointing at my foot with a finger which trembled slightly.

"Dried blood," said the doctor quietly. "I expect you're responsible for that, my friend."

"Well, what was I to do?" Jenkins cried. "I wanted him to identify himself. He wouldn't do it; he had my promise not to say a word. There was only one way that I could see. I knew that, if I could get him in his old house, he was bound to reveal himself."

"So that's why you wouldn't give me any money; that's why you got me that position?" I cried.

"Most certainly. I knew that the house attracted you; that you haunted the neighborhood, I said to myself, 'All he wants is an excuse to get inside.' Then I supplied the excuse. But I see the powder was too near the fire."

"Yes," said Roberts slowly, "the powder *was* too near the fire."

"Did I kill him, Roberts?"

"Very nearly, 'Deacon'—very nearly. His face is just a bloody pulp. I was called in on the case early this morning. The sun was rising when I reached the house. I found Bruce and Eleanor in the library. He was lying on the lounge, unconscious, with a towel over his face; she was standing by the window, looking out. The room was in the worst confusion imaginable —chairs and tables knocked over, a curtain torn down, the lamp in fragments on the floor. When I came in, Eleanor turned toward me. Except for fear, there was nothing in her eyes—neither pity, love, nor hate. I raised the towel from Smythe's face, and she shuddered and looked away.

"And you were arrested for assault and burglary," Jenkins said with a grim chuckle. "What a case—what a case! You mustn't spoil it by identifying yourself before the trial. Why this will go down in the annals of law for generations. It will be a fitting climax to my legal career."

"Damn your legal career!" Roberts muttered. "The 'Deacon' shan't stay in this hole one minute longer than he has to."

And then a strange thing happened. This grim, vulture-like lawyer turned to me with an imploring look—the look of a child who sees a box of candy held just above his reach. He fairly squirmed with anticipation. "Mr. Colgate," he said, "this is the most remarkable case in my experience. I am an old man now, sir—there won't be many more pleasures coming into my life. The trial is set for next week. Would you be kind enough to er——"

"Yes, Jenkins, I'll not identify myself."

"But you're not well," Roberts said anxiously. "There's a look in your eyes I don't like. I noticed it, when I first came in. It—Is your head all right 'Deacon'?"

"Why there's nothing the matter with me!" I answered, staring down at my blood-stained shoes —"nothing at all."

CHAPTER LV

It is the day of the trial. All night my mind has been wandering far afield, but now it has returned. As usual I see and hear everything with a clarified distinctness. But all feeling is dead. It is as though my brain were a block of ice—so clear, so transparent is it. And in this block of ice, in the heart of it, frozen and immovable, rest my various troubles. I can see them plainly, but I cannot feel them.

This court-room is crowded on this beautiful spring day. A multitude of faces are turned toward me; a multitude of eyes are searching mine. These eyes

We were silent for a long, long time.

cause me vague uneasiness. What do they want? Can it be that they suspect the truth, that they have guessed my secret of the visions in the air? But they would not understand—they could not understand.

A steady stream of sunlight flows through the window. It is like a merry golden river. It touches the white hair of the judge, turning it into a glistening crown of snow; it bubbles over my feet, gaily carrying on its current dancing specks of dust; it lights up the face of the prosecuting attorney as though with fire. Jenkins is sitting near me. His eyes are half closed; his indented chin rests on his breast. He now resembles a sleepy vulture—a vulture that has gorged itself to satiety.

Suddenly the multitude of white faces in the courtroom seems to bend and sway. What is happening out there? Ah, now I see. Smythe is walking toward the witness stand. Soon he will testify against me. But that will not move me—nothing can move me. I am as impervious to feeling as death itself.

But Smythe? Ah, how he has changed! What a grotesque and pitiful figure he presents! His face is hidden by white bandages; his right arm is in splints to the elbow; his stomach protrudes with an air of ridiculous importance. What has become of the other Smythe—the strong, magnificent Smythe? The years have branded him far more than they have branded me. Now he is being examined by the prosecuting attorney. I will listen. But nothing which escapes that nest of bandages can move me—nothing.

"Your name in full?"

"Bruce Argyle Smythe."

"Your residence?"

"Two thirty-five Central Park West."

"Tell us, as nearly as you can remember, what happened in your home on the night of May the tenth."

"On that night the butler was sick and his assistant waited on the table."

"The defendant?"

"Yes, the defendant waited on the table. After dinner, my wife spent the evening with the Courtneys. I went to the 'Gun and Rod Club.' "

"Just a moment, Mr. Smythe. Was there any reference made, during dinner, to a sum of money deposited in your safe?"

"Yes, there was. My wife asked me if Jenkins had brought the money which she expected. I told her that he had, and that it was a thousand dollars."

"Was this said in the presence of the defendant?"

"Yes. I distinctly remember that he was in the room at the time."

"Very good. Proceed."

"On my way home from the club, I called for Mrs. Smythe. We entered the house together. My wife noticed a light shining through the crack under the library door."

"What time was this?"

"One. The clock in the hallway struck just as we came in."

"I see. You can go on."

"I was sure that I had turned out this light before leaving the house. I decided to investigate and walked down the hallway. Mrs. Smythe accompanied me. We opened the library door noiselessly, and saw this man kneeling before the open safe. Then I went over and collared him. At first he was quiet. He seemed dazed. He kept repeating: 'I don't understand, I don't understand.' "

"And what was Mrs. Smythe doing?"

"She was 'phoning for the police."

"But did the defendant remain quiet?"

"No. He suddenly pushed me violently against the wall. When I tried to hold him, he struck me. Finally, I closed with him and he broke my wrist. I've been sick lately—I was no match for him. He threw me to the floor and kicked me into unconsciousness."

"That will do, Mr. Smythe."

The prosecuting attorney seats himself. Now Jenkins is rising languidly to his feet. Evidently he is about to cross-question the witness. I watch him with interest.

"How long have you been married, Mr. Smythe?"

"Five years."

"You are Mrs. Smythe's second husband, are you not?"

Now the nest of bandages trembles slightly. "Yes," says a low, muffled voice.

"You were a friend of Frederick Colgate's—Mrs. Smythe's first husband—were you not?"

There is a decided pause. The nest of bandages is trembling more and more. Finally there comes from it a faint, "Yes, I knew him."

"He had a peculiar burn on his forearm, did he not?"

"Yes."

"Perhaps, Mr. Smythe, you will tell the court how he happened to get that burn?"

But the prosecuting attorney is on his feet—indignant and voluble. "Your Honor," he cries, "these questions are irrelevant. They have no bearing on the case."

Jenkins smiles, his hooked nose curves over his upper lip. "Very well," he says quietly. "That will do, Mr. Smythe."

As Smythe climbs slowly to his feet and lumbers off, I follow him with my eyes. If I could feel at all, I would feel pity for him now. But my brain is a block of ice—a block of cold scintillating ice.

But just as I feel impregnable, just as I congratulate myself on my cold immobility, something happens which shatters this mantle of ice as though by the pounding of my wildly beating heart. The faces of the onlookers fade away. Now I can see only one face, hear only one voice.

Eleanor is on the witness stand. How beautiful she looks, and yet how cold! Behind those eyes, is nothing; and yet how brilliant *are* those eyes! Has she come to testify against me? Good God, can you allow this thing? Do you not know I love her still? And now she will denounce me before these hostile faces, before these strangers, as she has always done. Even now she is moving her lips. Hush! Hush! Let us listen, you and I. Let us listen—you, the formless shadow now crouching at my feet; and I, the weak and broken man. Hush! Hush! She is speaking. Listen, phantom, to her words—you, who go all cloaked in blackness like the night.

"And you were standing in the doorway while the struggle was going on, Mrs. Smythe?"

"Yes. I wanted to help my husband, but what could I do? I am only a weak woman; and that terrible man is so strong! Why, even Bruce was like a child in his hands. It was horrible—horrible! I felt faint, but I couldn't run away. And he kept looking at me all the time! His face frightened me so—his terrible, terrible face!"

Someone has screamed aloud—a hoarse scream—the scream of an animal in pain. Why are all those eyes fixed on me? Did I scream, phantom? Did I? So you have touched me on the forehead and have made me all your own. And now shall I tell them? Shall I? Shall I tell my wife and friend who I am? To rip my coat sleeve to the shoulder with fingers such as mine, takes but an instant. See, it is done! The hand of the Fire God is branded on my arm. Look—look all of you! Don't turn your eyes away. Why do you fear me so? Come closer—closer! Look into my eyes! Don't you know 'Deacon' Colgate—poor old "Deacon" Colgate? *She* is screaming now. Hush! Hush! Let us listen to her, phantom. Hush! Hush! —just you and I alone.

CHAPTER LVI

They took me out of that court-room raving in a high fever. For weeks I hovered on the invisible line which separates life from death. During that time I was the prey of monstrous dreams—dreams which tossed my mangled brain from hand to hand. And somewhere, far out on the dreary desert of delusion, I wandered, tired and footsore, seeking rest. The sand burnt my feet like lava; the sky was a scorching disc of steel; still the feverish sun beckoned me on. Each shadowy lake was a chimera, each resting-place a dream, but at last I wandered home. Yes, I wandered home.

I awoke. It was morning; and the sun was peering in at me through the window of my room at home. My real home, this was—my country home where I had lived as a boy. And surely this was my old room. There was no doubt of it.

I felt absurdly young. I would have laughed, but I lacked the strength to laugh. I smiled instead. What made the sunshine so bright in this room—so bright and joyous? And I? Why, it was as though I had just been born over. Something heavy, dead, and cold, had fallen from me. What was this something? At first I did not know. But it had vanished—vanished quite away. And as a child plays with a sunbeam, as he stretches out his hand to feel its warming ray, so now did I put forth my thin white hand into a band of light which fell across the bed. It was as much as I could do—I, who had fought so often in the ring. Involuntarily I closed my eyes.

"So you've pulled through, 'Deacon.' "

I looked up into Dr. Roberts's face. He was standing over me, looking very tall and broad. In his kind blue eyes was the friendly light I knew so well.

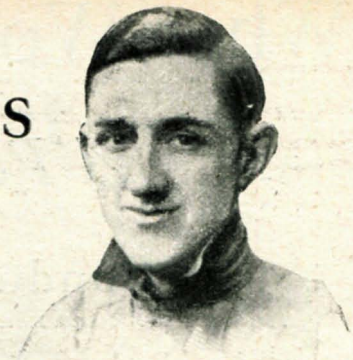
"Yes, I think I've pulled through," I answered faintly.

"I'm sure of it. But you had a close call. It was the worst case of brain fever I ever handled. You've been out of your head for more than a month, 'Deacon.' "

"Ever since the trial?"

"Yes, ever since the trial. (*Continued on page* 132)

How I Overcame the Scourge of Nations *By Fasting and Milk Diet*



The Moving Story of One Man's Experience
As Related to JAMES GABELLE

By Arthur Burton Creagh

WE are publishing this article for what it is worth. We distinctly refrain from making any recommendations to anyone in connection therewith. We were impressed with the idea that Mr. Creagh is telling the truth in every detail.

Medical laws have been enacted that are so strict in character, that you might be charged with practicing medicine if you prescribed your own breakfast.

We are publishers exclusively and the information given here is for physicians who are learned and honest enough to want to investigate and experiment, and for the laymen who desire suggestions to aid them in their search for a physician who is up-to-date, scientific and dependable.

—The Editor.

WHEN a doctor told me I had the terrible disease that has been dreaded through all the centuries, I shuddered and turned cold and faint. I staggered back, then clutched the nearest chair for support. Everything swam before my eyes and the doctor's voice sounded far away.

It was awful! To go through life a living corpse! To see myself sink deeper and deeper into the abyss from whence there was no emerging. I recalled pictures I had seen, casts showing various stages of the disease and illustrations in medical books, each one a nightmare of repulsiveness. Then for this thing to fasten its foul fangs on me! I had always had an ambition to fill a place in the world, an overweening desire to be famous, to love and be loved, to be honored by my fellow men. And now to be condemned to be a walking charnel house—was terrible!

The steel-eyed doctor looked me over coldly and appraisingly, then lit a cigarette. It was all part of the day's graft for him. Once I saw a judge pass sentence of death on a murderer, cutting a chew from a plug of tobacco as he did so. Insensibly I linked the two men together.

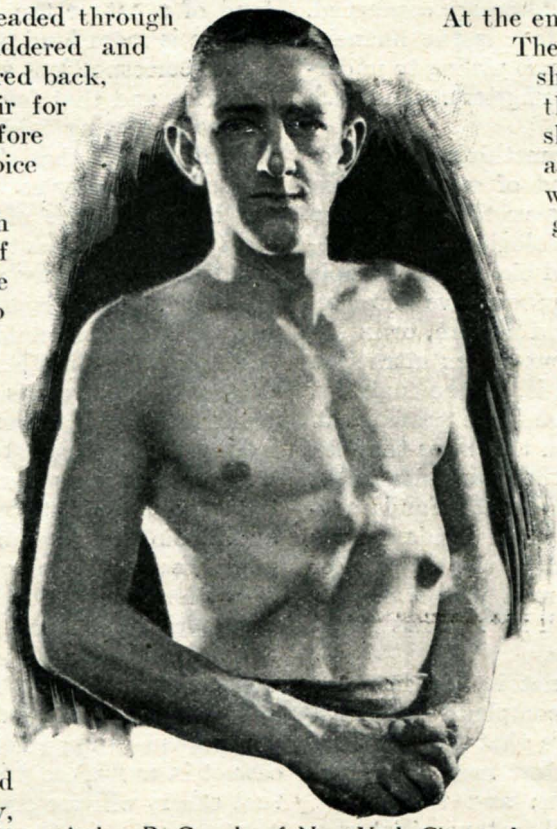
Wondering if there were not a possibility of a mistake I went at once to the Barge Office, Battery Place, New York City, and every hope was blasted. A Wassermann test showed four plus, which is the uttermost edge of the limit so far as the ancient evil is concerned. As I was an ex-service man I was sent to Fox Hills hospital, Staten Island, and placed in the venereal ward. Here I was given another test which was an affirmation of the other two. So there was not a shadow of a doubt as to what afflicted me.

My treatment at Fox Hills consisted of injections of salvarsan on Wednesdays and mercury on Fridays, a week between each injection. After a stay of six months I was discharged. I was told to wait three months and then return so that the medical authorities could see the condition of my blood. At the end of the three months I returned. There were more tests, dubious head-shakings and pursing-up of lips at the result. I was given six more shots of mercury and told that I was all right. I knew better. I was so weak I could scarcely walk and was growing worse constantly.

Hoping against hope that the walking drug store that the doctors at Fox Hills had made of me had made some alleviation in my condition I went to another doctor on Forty-Seventh street, New York. No chance! Still the same old reliable four plus. Whatever else might be said of it you'll admit four plus had remarkable staying powers.

In desperation I went down to the Barge Office, got a passport and went to Germany, hoping against hope that something could be done for me there. I had heard so much of the skill of German doctors and felt that if they could not do anything for me my case was hopeless indeed.

By this time I was in a wretched state physically. My teeth had decayed to such an extent that they were a source of danger. They were so loose I could move them backward and forward in their sockets. My gums were sore, swollen (*Continued on page* 88)



Arthur B. Creagh, of New York City and everywhere on earth, traveler and adventurer, has among other experiences had a remarkable one in the cure of syphilis through natural treatment, after regular medical methods had failed miserably. The photograph shows not only his present vigorous muscular condition following his cure, but also on the right side the results of the breaking of seven ribs through injury sustained in the world war.

What Would You Do in This Case?

A Personal Problem Department

Conducted by Carl Easton Williams

WHAT do you think about the man who does not want children? Would you marry such a man if you knew it? If your greatest desire in life was maternity, and you found after marriage that your husband did not want children would you acquiesce? Would you deny yourself this supreme thing just because of a whim, possibly a temporary feeling, upon the part of the man that you married?

Can You Call Him A Mate—A Man Who Does Not Want Children?

It is true that many women avoid motherhood, although in many cases of early married life their purpose is a postponement rather than a permanent thwarting of nature's design. But women may have more reason to avoid parenthood. A man suffers nothing whatever in becoming a parent; he is subject, even, to very little inconvenience in the home, as far as the practical burdens of the care of children are concerned. About the only thing he has to face is the financial factor. Even so, every normal man is willing to undertake the support of two or three youngsters. And such a family will satisfy his wife.

One wonders if there is not something morbid or abnormal in the nature of a bond of sex attraction between two people who do not possess that instinctive love of children, for there is a biological principle—one may say the most deeply rooted biological principle in all life—that is back of the procreative impulse. Nature never implanted in man and woman, or in the two sexes in any species, an element of sex attraction just for its own sake. It was, and is, on the contrary, the expression of that deeper, more basic principle of intended parenthood. It is only on this basis that sex attraction, as the manifestation of the parental impulse, can be called the great Life Force. For it is fundamentally the will to live. In view of these fundamentals the question arises as to what can be the attitude of the potential mother toward the man who stands in her way and who says: No you shall not. What would you say to such a man?

The question has been raised not in one instance but in a whole series of letters of complaint upon this point. Even so we do not believe that the problem is general; it is only occasional. Most men, like most women, instinctively love children; and they want them. But it is in the exceptional instance that one bumps up against a problem. In some instances our correspondents have told us of their shocked surprise at finding that the young man that they love was opposed to children. With perfectly normal instincts in some cases they have stifled their love and handed these young men the "mitten." And now they write to us asking if they did the right thing. Down in their hearts they know they have done the right thing, but being human, like ourselves, sometimes they like reassurance in the matter of a decision of such importance.

We have one letter, however, from a woman who explains that we must not publish her letter, because her husband reads every issue of this magazine, and it would not do—presumably for the sake of domestic peace, of which there is none too much anyway—for us to publish her letter. We are sorry, because it's an interesting letter.

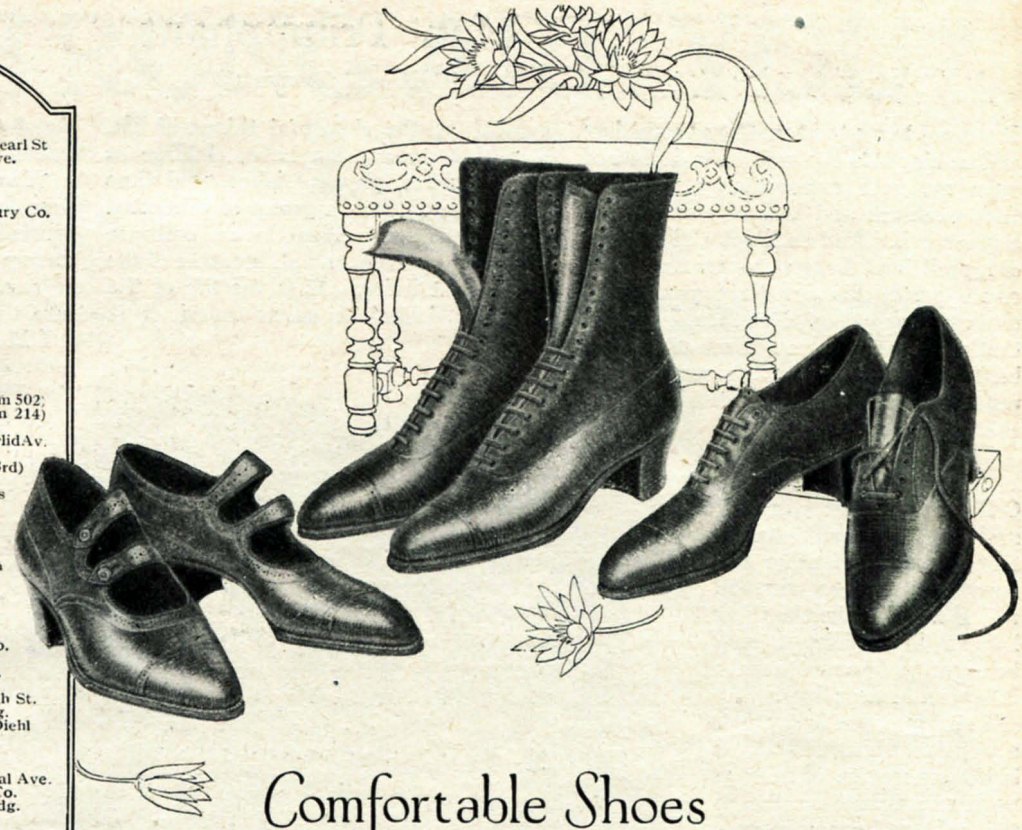
However, she says that she is twenty and her husband thirty-one; married four years. Most of their troubles have to do with sex and whisky. It is altogether a picture of the selfish and self-indulgent husband. He is fond of his wife, perhaps as one might be fond of a cat or the most comfortable rocking-chair. But he is more fond of whisky.

Our correspondent says he will not allow her to have children, and that for this reason she has been forced to the operating table four times. Each experience was so horrible that she declared it would be the last. And she is finally so disgusted with married life that she keeps a bottle of poison concealed in the house, always wondering as to whether or not she should take it. There are many points of interest in this letter, but the keynote is this young woman's desire for a baby. She loves children so much she feels that she could be a real mother to them. She contemplates a divorce, and wonders whether it is all worth while and whether things can continue to go on as they are.

Under the circumstances one may say that many other women facing an intolerable situation have had the good judgment, energy, decision to cut the knot and attain that freedom by means of which later they might become happily married and enjoy the blessings of motherhood. A marriage such as that of our correspondent is a mockery.

A man who has no more regard for his wife and her wishes, and who has no more regard for the sacred and fundamental purpose of marriage—which is parenthood—than the husband of this correspondent, cannot in any sense be called a mate. It is possible that others will use even stronger language. A woman wants a man, in the sense of those qualities of personal dignity which give real meaning to that word manhood, and not a self-indulgent brute. A woman marries, not to prostitute herself, nor to make a prostitute of her husband, but primarily in obedience to that most deeply rooted of all impulses—the longing for a mate.

In the light of the experience (*Continued on page* 143)



Cantilever Stores

Cut this out for reference.

Akron—11 Orpheum Arcade
Albany—Hewett s Silk Shop, 15 N. Pearl St
Altoona—Bendheim s, 1302 11th Ave.
Asbury Park—Best Shoe Co.
Asheville—Pollock's
Atlanta—Carlton Shoe & Clo. Co.
Auburn & Geneva, N. Y.—Dusenbury Co.
Austin—Carl H. Mueller
Baltimore—325 No. Charles St.
Battle Creek—Bahlman's Bootery
Birmingham—219 North 19th St.
Boston—Jordan Marsh Co.
Bridgeport—W. K. Mollan
Brooklyn—414 Fulton St.
Buffalo—639 Main St.
Butte—Hubert Shoe Co.
Camden—Curran's, 110 Broadway
Cedar Rapids—The Killian Co.
Charleston—I. F. Condon & Sons
Charlotte—221 Piedmont Bldg.
Chicago } 30 E. Randolph St. (Room 502)
Chicago } 4750 Sheridan Rd. (Room 214)
Cincinnati—The McAlpin Co.
Cleveland—Graner-Powers, 1274 Euclid Av.
Columbia, S. C.—Watson Shoe Co.
Columbus, O.—104 E. Broad St. (at 3rd)
Dallas—Leon Kahn Shoe Co.
Davenport—R. M. Neustadt & Sons
Dayton—The Rike-Kumler Co.
Denver—224 Foster Bldg.
Des Moines—W. L. White Shoe Co.
Detroit—T. J. Jackson, 41 E. Adams
Easton—H. Mayer, 427 Northampton
Elmira—C. W. O'Shea
El Paso—Popular Dry Goods Co.
Erie—Weschler Co., 910 State St.
Evanston—North Shore Bootery
Fall River—D. F. Sullivan
Galveston—Clark W. Thompson Co.
Grand Rapids—Herpolsheimer Co.
Harrisburg—Orner's, 24 No 3rd St.
Hartford—86 Pratt St.
Holyoke—Thos. S. Childs, 275 High St.
Houston—306 Queen Theatre Bldg.
Huntington, W. Va.—McMahon-Diehl
Indianapolis—L. S. Ayers & Co.
Jackson, Mich.—Palmer Co.
Jacksonville—Golden's Bootery
Jersey City—Bennett's, 411 Central Ave.
Kansas City, Kan.—Nelson Shoe Co.
Kansas City, Mo.—300 Altman Bldg.
Kingston—E. T. Stelle & Son
Knoxville—Spence Shoe Co.
Lancaster, Pa.—Frey's, 3 E. King St.
Lansing—F. N. Arbaugh Co.
Lawrence, Mass.—G. H. Woodman
Lexington, Ky.—Denton, Ross, Todd Co.
Lincoln—Mayer Bros. Co.
Little Rock—Poe Shoe Co., 302 Main St.
Los Angeles—505 New Pantages Bldg.
Louisville—Boston Shoe Co.
Lowell—The Bon Marche
McKeesport—Wm. F. Sullivan
Macon—The Dannenberg Co.
Memphis—Odd Fellows Bldg. (2nd floor)
Milwaukee—Brouwer Shoe Co.
Minneapolis—25 Eighth St. South
Mobile—Level Best Shoe Store
Montgomery—Campbell Shoe Co.
Mt. Vernon, N. Y.—A. J. Rice & Co.
Nashville—J. A. Meadors & Sons
Newark—897 Broad St. (opp. City Hall)
New Bedford—Olympia Shoe Shop
New Britain—Sloan Bros.
New Haven—153 Court St. (2nd floor
New Orleans—109 Baronne St.
New Rochelle—Ware's
New York—22 West 39th St.
Norfolk—Ames & Brownley
Oakland—205 Henshaw Bldg.
Omaha—1708 Howard St.
Paterson—10 Park Ave. at Erie Depot
Pawtucket—Evans & Young
Peoria—Lehmann Bldg. (Room 203)
Philadelphia—1300 Walnut St.
Pittsburgh—The Rosenbaum Co.
Pittsfield—Fahey's, 234 North St.
Plainfield—M. C. Van Arsdale
Portland, Me.—Palmer Shoe Co.
Portland, Ore.—353 Alder St.
Poughkeepsie—Louis Schonberger
Providence—The Boston Store
Reading—Sig. S. Schweriner
Richmond, Va.—Seymour Sycle
Rochester—148 East Ave.
Rock Island—Boston Shoe Co.
St. Louis—516 Arcade Bldg. (op. P.O.
St. Paul—43 E. 5th St. (Frederic Hotel)
Saginaw—Goeschel-Brater Co.
Salt Lake City—Walker Bros. Co.
San Francisco—Phelan Bldg., Arc'd.
Savannah—Globe Shoe Co.
Schenectady—Patton & Hall
Scranton—Lewis & Reilly
Seattle—Baxter & Baxter
Shreveport—Phelps Shoe Co.
Sioux Falls—The Bee Hive
South Bend—Ellsworth Store
Spokane—The Crescent
Springfield, Ill.—A. W. Klaholt
Springfield, Mass.—Forbes & Wallace
Stamford—L. Spelke & Sons
Syracuse—121 W. Jefferson St.
Tacoma—255 So. 11th St. (Fidelity Bldg
Terre Haute—Otto C. Hornung
Toledo—LaSalle & Koch Co.
Trenton—H. M. Voorhees & Bro.
Troy, 35 Third St. (2nd Floor)
Tulsa—Lyons' Shoe Store
Utica—Room 104 Foster Bldg.
Waltham—Rufus Warren & Sons
Washington—1319 F St.
Waterbury—Howland-Hughes Co.
Wheeling—Geo. R. Taylor Co.
Wichita—Rorabaugh's
Wilkesbarre—M. F. Murray
Worcester—J. C. MacInnes Co.
Yakima—Kohls Shoe Co.
Yonkers—Louis Klein, 22 Main St
York—The Bon Ton
Youngstown—B. McManus Co
Zanesville—J. B. Hunter Co.

Agencies in 294 other cities

Comfortable Shoes Increase Your Enjoyment

Autumn brings many interests. Work and amusements take a fresh start at this time of year. Opportunities for advancement come to the business girl. The home woman sets her house in order for the comfort of the family and the social activities of the new season.

Shopping time is here again. Store windows are a joy. The departments display an interesting and alluring variety of garments, fabrics, novelties. Club work starts up afresh. Fall exhibitions of pictures are given. New plays are being put on. The lecture season opens. Classes in night schools begin. College contests are held in sports and scholarship. All these combine to make life actively interesting.

But your interest lags, your efficiency is impaired, your joy is lessened if your feet hurt. Comfortable shoes make you forget your feet and let you focus your whole attention on your work and your other interests. They increase your endurance and hence add to your enjoyment of life generally.

Cantilever Shoes are comfortable shoes. They are modelled on natural lines, with a flexible arch, entirely free from the concealed metal which is in the shank of ordinary shoes.

The flexible arch of Cantilevers, together with their natural sole line, the neat, rounded toe which gives ample room, the well placed medium or low heel, give great comfort to tired, weak feet, correct and prevent fallen arches, and help you in a hundred other ways.

Cantilevers are made for men also. Every pair of Cantilevers is trademarked to protect you. Look over the dealer list at the left of this advertisement. If you do not find one listed for your town, write the manufacturers, Morse & Burt Co., 7 Carlton Ave., Brooklyn, N. Y., for the address of a nearby dealer, and for a book which tells how to increase your enjoyment through foot comfort.

Cantilever Shoe

Endorsed by Women's Colleges, Women's Clubs, Public Health Authorities, Physicians, Osteopaths, Directors of Physical Education, Editors, Stage Celebrities and prominent women everywhere.

Man Triumphant

(*Continued from page 27*)

It seemed to me to be weak and sensitive; and looking into my own heart, it flashed upon me with extraordinary vividness that weakness and lack of strength are a great evil. And so I got Caliban out of myself; and I regret to say that it's a much better likeness than you might think to look at me. But then, I suppose that's true of all of us. Each of us, if he be honest with himself, must feel impelled at times to pronounce himself the chief of sinners.

"But Man Triumphant?"

"That's just my notion of how Caliban will get there," he smiled. "God will give him time, though we other Calibans may not be disposed to. If I can make the thing happen in marble, it may help men and women to make it happen in their lives.

"In a sense, you know, it is a physical culture ideal. It is the conception of Man as an heroic figure, created to the end that he may be perfected by treading the paths of conflict. It means that he must use all his powers. By the same token, the Flesh is not a thing of evil, as altogether too many of us believe, but is rather an outward and visible sign of the spiritual reality within. The body, and the right uses of the body, rather than its ascetic repression, is necessary to spiritual growth. It is not given us for repression, but for sane use—though I admit that to use it sanely is a matter of extreme difficulty, like any other art. These facts constitute the real justification for physical training, and for the emphasis which the Physical Culture movement has so properly put upon it. It is only a part of life, but it is a basic and fundamental part of it. For that reason I have given over one of the four sides of the base to a representation of varied phases of the normal physical life, all of which find their manifestation in conjunction with those faculties which we are wont to regard as more fine, the reason, the artistic faculties, and the devotional instinct. Without the physical base none of these things would be possible. The physical side of life must be made to function, and to function right.

"In that physical group you will find symbols of the elemental things of life, a mother nursing her babe, children at play, athletes, physical labor, seed time and harvest. It is a group of contented physical action. Here lovers embrace in passionate love, and all breathes of the joy of just living. It is the life of the body—a deliberate accentuation of it just as the rest of the base is an accentuation of the other things we live by, the reason, the sense of beauty, and the instinct of devotion and self abnegation."

A close-up from another view of the three gigantic figures by which Edström has refuted the message of despair handed down through the centuries by Agesander who, with two others, created "The Laocoön."

Mr. Edström then went into an explanation of four impressive figures which stand out free, one on each side of the pedestal.

"The heart of the matter lies in these four figures," he said. "And the basreliefs back of them in the base itself merely illustrate their meaning. They represent four steps by which Man walks into the light. They are 'Thou Must,' 'I Must,' 'I Desire,' 'I Am.'

"They reveal their own meanings, do they not? 'Thou Must' is poor old Caliban, crouching away from the light, and yet goaded toward it by the sheer necessity of self preservation. It is your primitive, unschooled self, and mine, forced into conformity with the laws of life by suffering and pain. It is the discipline that relentlessly drives us to the doing of things which are contrary to our wish and desire. At this stage we act, not because our being consents gladly but because we must, a condition which, we must admit, entitles us to small credit, and which saves us in spite of ourselves.

"The next step we take is that symbolized in the figure 'I Must.' It is a tense, erect figure in an attitude of resolve. It is Man resolving to be free, man learning the use of his reason, man bending nature to his will, man turning to science for light. The nearest likeness to this idea that I can think of among my previous works is Prometheus, bound to the cliff but undaunted. And of course back of that figure I have illustrative matter to show in just what respect the 'I Must' is clearly manifesting itself in our daily life.

"The third step upward I find in the third figure, 'I Desire.' Here is the awakening of the soul, the response of our human nature to the rhythm and the beauty of life, the happy consent and acceptance. Effort is still a necessity, but the grudging spirit is gone. Eagerness and hope have come instead. To all of us, in moments all too rare, come from time to time those moments of insight when we see the beauty, wisdom, and desirability of some certain act, such that we long with all our being to perform it. It may be a color scheme in the mind's eye of an artist; it may be the desire for a

(*Continued on page 64*)

The Man *You* Were Meant to Be

It's Up to *You!*

WHAT kind of a man are *you?* A man in every sense of the word—strong, self-reliant—competent to take a man's part in the game of life? A man who everyone admires because they must respect him? A man vigorous, compelling, with indomitable will and energy? Or are you just a male person, weak, vacillating, incompetent, tolerated by your acquaintances and pitied by your friends? Are you the man you were meant to be?

It's up to you! It makes no difference what you are, it's what you want to be and what you were meant to be that really count. If you are content with your present physical condition, content to be a man in name only, you will remain such to the end of your days. But if you want to be the man you were meant to be—big, forcible, capable, radiating health and energy, respected and admired by all—just listen to the tale of J. E. Woodrow:

The upper picture shows J. E. Woodrow, of Peoria, Ill., on December 15, 1919, when he enrolled for the Milo course of instructions. Not much to brag of in the way of physical development. Perhaps just one of those "male persons." The lower picture was taken on April 26, 1921—looking and feeling like a real man!

Looking and feeling like a real man is right! Mr. Woodrow says:

"The enclosed photos will do more to demonstrate the value of your course than anything I can write. I wanted health, strength and development, and I got them. And more, I greatly improved my personal appearance. I am now holding down two jobs, and handling them better than I previously handled one. I wish to thank you for what your remarkable course has done for me."

J. E. WOODROW
2 years after the first photo was taken

On account of lack of space we are unable to publish the photos showing Mr. Woodrow's development from month to month. But why not try the enjoyable experience for yourself? Feel your muscles growing from day to day. Experience the cheerful glow of perfect health, the ever increasing energy and confidence—the energy to tackle new problems and the confidence in yourself to carry them to a successful finish. Get out of the rut of physical incompetence. Step out on the road to success. Let us help you to muscular manhood.

We **can** do it. No matter how weak or undeveloped you may be, if you are normal in other respects we can guarantee results. We do not merely promise results, we *guarantee* that the progress you will make under our guidance will be entirely satisfactory to you or your money will be refunded without question. That's fair enough.

Our eighteen years' experience in body building has given us the expert knowledge that produces such marvelous results in our pupils. During the past eighteen years we have developed thousands of men like Mr. Woodrow.

Our illustrated catalog is free. It does not obligate you in any way and will open your eyes to the possibilities of physical development. Send for it **today.**

J. E. WOODROW
when he started our course

Strength for October

The Largest Issue: The October *Strength* will contain an additional 16 pages, being the largest and the best issue of *Strength* that we have ever published.

Father Bill Curtis: By Walter Camp. The story of the man who made the A. A. U. One of the first and one of the greatest of all the American athletes.

An Interview with W. W. Roper on Modern Football. S. C. Kofred and the Princeton coach have much that is of interest for those interested in the great American College game.

Football as a Body Builder: By Rev. B. H. B. Lange, formerly Physical Director of Notre Dame University and now Director of Physical Education at St. Edward's College, Austin, Texas.

The October issue is not devoted exclusively to football and neither is it devoted exclusively to men. In it you will find articles by Mary Morgan and Bertha Hasbrook, as well as T. von Ziekursch's story of his latest trip up into the "Menominees" country. Everyone who likes the great outdoors reads "Von." Alan Calvert tells about our latest addition to the Perfect Man class—Sigmund Kline; Ralph Hale tells of the effect of boxing on the physique; L. E. Eubanks has written on light and heavy exercises.

Strength is on sale at all news-stands. If your dealer is sold out *subscribe today.*

The Milo Bar Bell Co.

Physical Culture Specialists and the largest manufacturers and distributors of bar bells, dumb-bells and kettle-bells in the world. Publishers of Strength.

Dept. X, Third and Diamond Sts., Philadelphia, Pa.

THE MILO BAR BELL CO.,
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Philadelphia, Pa.

Gentlemen:
I'm enclosing $1.50 in payment for one year's subscription to Strength ($1.75 Canada, $2.00 Foreign Countries).

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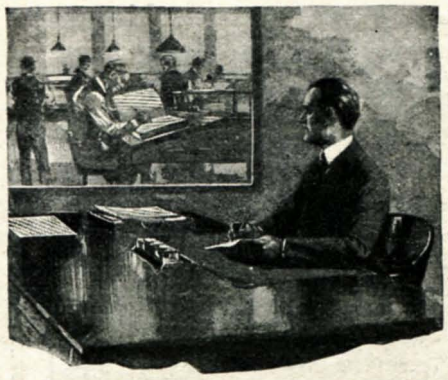

Says Goodbye to "$22 a Week"

—At 27 Earns $4,500 a Year

"Three years ago," writes A. J. Klick, "I was just an average young man of 24, possessing a fair education, liking a (so-called) good time, occupying a bookkeeper's high stool and receiving $1,100 per year.

"A crisis in my affairs woke me up and I began the serious study of Higher Accountancy.

"Before the year was over, I was making progress financially. Interested in my work, advancing steadily, more confident of myself, by the time I had finished the course, I had an executive position and $3,000 a year.

"Last year I became comptroller of a good-sized corporation. My work became a pleasure; salary increased to $3,800.

"This year I accepted a similar position with a larger corporation, with broader responsibilities and an initial salary of $4,500. The future years are full of promise."

Unusual Opportunities in Accounting

Klick is *right*. His future years *are* full or promise!

Never in the history of business has the need for trained accountants been so great or the rewards so attractive. The files of LaSalle Extension University contain literally thousands of letters reporting rapid advancement—incomes doubled, tripled, and quadrupled as the result of a comparatively few months of home study training. Where these men were getting $1,500 or $2,000 a short time ago, they are earning from $3,000 to $10,000 today, *and they are on the up-grade.*

Their chance is *yours—if you will take it!*

Send today for our book, "Success Reports;" read the enthusiastic testimony of men still in their twenties and early thirties who have broken away from the low-pay ranks and today are expert accountants—with incomes ranging from $5,000 to $10,000 a year. With this information we will send you particulars of our *convenient payment plan*, also a copy of that inspiring book, "Ten Years' Promotion in One." "Get this book," said a prominent Chicago executive, even if you have to pay five dollars for it." We will send it *free*.

Mark —Sign—Mail the coupon—NOW.

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Name.....

Present Position.....

Address.....

(*Continued from page* 62)

strong will or a noble character, or supreme power of expression in the arts.

At times there comes to all of us a condition where the slow, dead heave of the will ceases for the moment to function, and a great desire for beauty and perfection takes its place. We act, we are consumed by enthusiasm and vision; effort is inevitable and almost automatic. It is no longer a case of 'Thou Must' or of 'I Must;' rather it is something sweet and irresistible, as if a man had seen through the mists of a dream the very face of God, and had come, as the hart desires the waterbrook, to a desire for whatsoever things are lovely, true, pure, and of good report—I Desire—I Wish! Life isn't all an agonizing struggle. It is partly a promise. Such moments come to all of us. They lend wings to the soul. I illustrate them with the activities of the arts: music, sculpture, architecture, painting, the drama, all in living, active processes of use, just as they are in use in the real world about us.

"Woodrow Wilson once wrote a remarkable essay called 'When a Man Comes to Himself.' I think he meant to express there what I have meant to express in the conception of my fourth figure, 'I Am.' Here is the moment of self realization in which Man becomes Man Triumphant. That too is a moment which comes and goes with all of us. There are moments of supreme realization and of supreme action when the lowliest and meanest of men are privileged to hear that great word echoing in their hearts, a promise of what they must one day become. Here is perception of a plan and order in life together with acceptance of it and a passionate desire to fulfill our destiny. Some such exalted assurance must have been in the mind of Christ when he said to the Jews, 'Verily I say unto you, before Abraham was, I am!' To be able to make that declaration of the time-binding divinity within is to be Man Triumphant.

"Whatever may be our place in the order of life, whether toiling in mines below the crust of the earth, or bending over a desk in a humdrum office, or feeding coal into the maw of a gluttonous firebox, or directing the destiny of a nation, saving a nation by the ordeal of fire in the trenches, or saving a life in the grip of the undertow, or merely keeping one's temper, it is given to every man to make that mighty declaration sometime, and to say, with full assurance, *I am;* and to know that he is not, what materialistic thinkers would have him believe, a puny atom in a chaos of conflicting elements, but one with titanic man, driving triumphant from the abyss of time up into the realms of life.

"Now that's religion—not theology, not some particular religion, but simply Religion. And it is with symbolic figures of the religious and devotional activities of the human race that I show it going on in the whole world since the beginning of recorded time and before it, the greatest of our universal instincts, the instinct by which man comes consciously or unconsciously into touch with God.

"So much for 'Thou Must,' 'I Must,' 'I Desire,' and 'I Am,' as exemplifying the story of the Ascent of Man. My three Titans carry out the same thought in a single, overwhelming impression. The crouching figure is Initiative, the first blind impulse to act; the second is Concentration; see him rising, tense of face and posture, seeking the means and the method to act on that first impulse; the third is Tenacity, sustained effort, the quality that follows the ball clear over the line, the faculty that carries on. We all have it in some degree—it is the quality of enduring to the end, of holding fast till the Serpent dies. Of course no one of these qualities comes to anything without the support of the others; they enter simultaneously into every act. My three Titans are not three men; they are three aspects of the same man. They represent a fourth thing, which I can't put into marble at all, a living spirit.

"Then it really amounts to an ideal of Service," I observed.

"Precisely," he said. "And that's the physical culture ideal, isn't it? I shall simply take it and put it on a pedestal, where men can look at it. PHYSICAL CULTURE tries through the printed page to present an ideal of serviceable and complete living, and to make the message so plain, simple, and honest that he who runs may read. But such an effort has its difficulties. The printed page has to deal with one thing at a time; it must crudely emphasize some one aspect of the problem of living. It must seem at one time to be saying that keeping your balance on a tight rope is a sure road, though a narrow one, to health; and again, on another page, that keeping a balance in your diet will turn the trick; and again, elsewhere, the keeping your temper on even keel is the really important thing. But it can't say them all at once, though it means them all at once.

"What is clearly needed is some expression of the physical culture ideal that will tell it all, in a comprehensive symbol, a constant point of reference that will not need redefinition, a thing mute of voice, perhaps, but constant in its eloquence."

"Where do you get it all?" I asked. "How did you learn it—your interpretation of life, I mean. It must have taken a varied experience."

"If having gone through about every variety of particular hell that a man could stumble on in forty-eight years can be called a varied life, I have had that kind of a life," he answered. "I have thought, at times, that I was getting an over-dose; but if Man Triumphant goes through, and passes from the plaster into

(*Continued on page* 68)

REDUCING

'I am a Shadow of My Former Self' says one Southern lady

Get Thin to Music records always say

REDUCING

and the label bears the signature

Wallace

or they are **NOT** Reducing Records.

"HERE GOES ANOTHER POUND"

This shadowgraph of a Louisiana woman was taken when she was on her fourth Wallace lesson and had lost just 18 lbs. She completed the course with a total reduction of 39 lbs.

NEARLY two-hundred thousand people have got thin to music. From every degree of obesity they have gone down to natural weight and proportions via the delightful phonograph route. But there are doubtless more than this number who would like to reduce, but just haven't made the start.

A Louisiana lady had known of Wallace's remarkable reducing records for over a year. But delay and doubt made it only month before last when she made it her business to sit down and write for the first Wallace lesson—sent free. Now comes a grateful letter to say: "Why did I wait so long to remove my uncomfortable, unsightly avoirdupois? I lost five and one-half pounds the first week; five more the next; 18 lbs. in all by the end of the fourth lesson. I have since reduced more, a total of 39 lbs. I think I feel better and I know I look better. I am sorry I may not permit use of my name, but perhaps my story will inspire some other women to do as I have done—or rather, as Wallace records have done for me."

This is Wallace, originator of the famous music method of removing fat

Five Pounds a Week

So many report the loss of five pounds the first week, it would almost seem safe to promise this result. But there are cases that show only two or three pounds in that time, and in rare instances women have started the second and even third lessons before the system commences regularly to reduce. The course takes hold from the very first day, but the loss of weight by this method comes only after the system has been naturally prepared for the change. It is because of this that Wallace is endorsed by the medical profession generally. Doctors have advised the use of his records to hundreds.

A normal figure is no longer restricted to youth. Women of fifty years and more have found Wallace's scientific course can and does restore correct lines. It has reduced some women *more than one-hundred pounds.*

Don't Punish Your System

—with deadly drugs, or by merciless diets. Nature always leaves her mark on those who reduce by harsh measures. It isn't healthful. It isn't pleasant. And now with Wallace records, there is such an easy and enjoyable way. At any time of day or night—whenever it is most convenient—you slip into easy garments, and slip on a reducing record. Until you have run off a lesson yourself, you can't realize the thrill of the method. Long after you are down to weight you will find yourself doing the records now and then—just for the fun of it. Then, too, if ever excess fat tends to return, your records will keep it away.

The Wallace course never fails to cause surprise at the simplicity of it all. It always proves easier than anticipated. It usually brings results quicker than seemed reasonable to expect at the outset.

Make No Payments or Promises

When you consider that Wallace asks no money in advance, what excuse can there be for not trying his way of reducing? Within a few days you can have your first record, and start to Wallace-away-your-weight. Keep up the course when it has demonstrated that it is actually reducing you; don't keep it if it doesn't. But be certain it is Wallace's method you try, for there are regrettable imitations. It isn't the records that make you thin, but what Wallace's twenty-year experience has put into them.

Here is a coupon that brings the first lesson free; if you mean to use it, use it now. By the first returning mail will come the one successful solution to your overweight.

WALLACE,
630 S. Wabash Ave., Chicago:

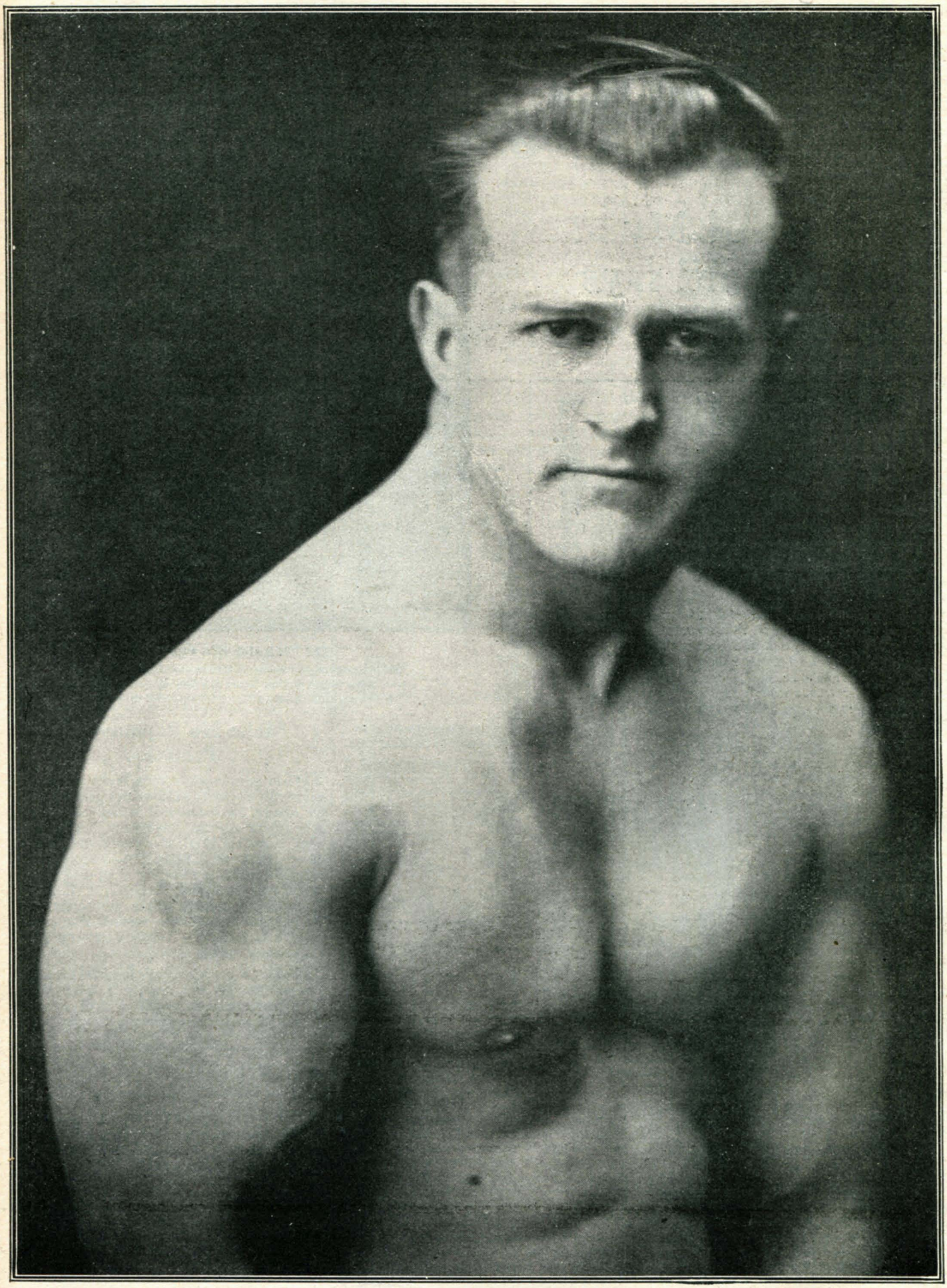
Please send record for the first reducing lesson; free and prepaid. I will either enroll, or mail back your record at the end of a five-day trial.

Name _____
(70)

St. & No. _____

P. O. _____ *State* _____

Canadian Address: 62 Albert St., Winnipeg.



EARLE E. LIEDERMAN
THE ACME OF PHYSICAL PERFECTION

HOW STRONG ARE YOU?

Can You Do These Things?

Lift 200 lbs. or more overhead with one arm;
Bend and break a horse shoe;
Tear two decks of playing cards;
Bend spikes;
Chin yourself with one hand.

Can you do any of them? I can and many of my pupils can. It is remarkable the things a man really can do if he will make up his mind to be strong. *Any man.* It is natural for the human body to be strong. It is unnatural to be weak. One leading writer on physical culture says: "It is criminal to be weak." I have taken men who were ridiculed because of their frail make-up and developed them into the strongest men of their locality.

I Want You for 90 Days

These are the days that call for speed. It once took four weeks to cross the ocean—now it takes less than one. In olden days it took years to develop a strong, healthy body. I can completely transform you in 90 days. Yes, make a complete change in your entire physical make-up. In 30 days I guarantee to increase your biceps one full inch. I also guarantee to increase your chest two full inches. But I don't quit there. I don't stop till you're a finished athlete—a real strong man.

Are You Satisfied With Your Appearance?

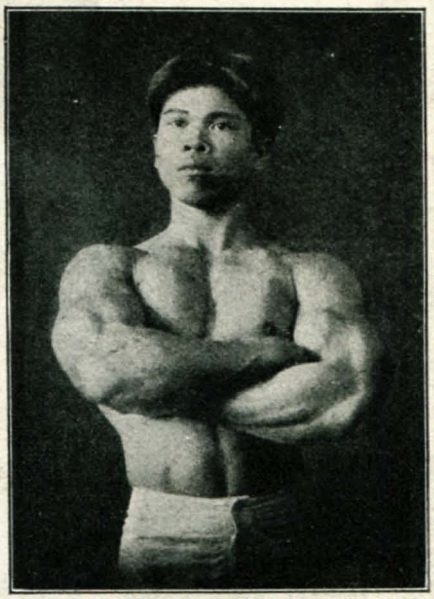
You won't get rich breaking horse shoes—neither does chinning yourself with one hand get you anywhere. But an attractive appearance does. I will broaden your shoulders, deepen your chest, strengthen your neck. I will give you the arms and legs of a Hercules. I will put an armor plate of muscle over your entire body. But with it come the strong, powerful lungs which enrich the blood, putting new life into your entire being. You will have the spring to your step and the flash to your eyes. You will be bubbling over with strength, pep and vitality.

A Doctor Who Takes His Own Medicine

Many say that any form of exercise is good, but this is not true. I have seen men working in the mills who literally killed themselves with exercise. They ruined their heart or other vital organs, ruptured themselves or killed off what little vitality they possessed. I was a frail weakling myself in search of health and strength. I spent years in study and research, analyzing my own defects to find what I needed. After many tests and experiments, I discovered the secret of progressive exercising. I have increased my own arm over 6½ inches, my neck 3 inches and other parts of my body in proportion. I decided to become a public benefactor and impart this knowledge to others. Physicians and the highest authorities on physical culture have tested my system and pronounced it to be the surest means of acquiring perfect manhood.

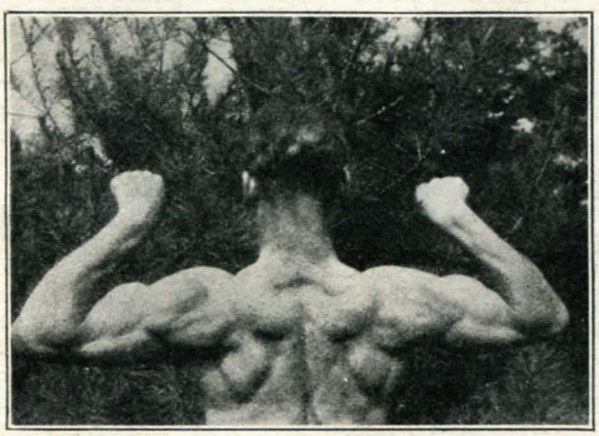
An All-Round Development

I wish I could meet you face to face and show you proofs of my notable achievements. They are mostly men who wrote me telling of their pitiful conditions, some almost praying that I would help them. Understand, I give every pupil a treatment adapted to his individual needs. I analyze your case like your family physician. The only difference is that he works on the internal only, while my system affects your entire being, building up a staunch bulwark that defies disease germs which attack the human body. Do you want this strong, robust body which your Maker intended you to have? Do you have the desire for success? If not, you are not human. But if you are sincere



SIMON O. JAVIERTO, STRONGEST MAN IN THE PHILIPPINES
(Pupil of Earle E. Liederman)

GEORGE F. JOWETT, STRONGEST MAN IN CANADA
(Pupil of Earle E. Liederman)



W. L. STONE, ONE OF AMERICA'S STRONGEST MEN
(Pupil of Earle E. Liederman)

Send for My Book "MUSCULAR DEVELOPMENT"—It is FREE

It is chock full of photographs both of myself and my numerous pupils. Also contains a treatise on the human body and what can be done with it. This book is bound to *interest* you and *thrill* you. It will be an *impetus*—an *inspiration* to every *red-blooded man.* I could easily collect a big price for a book of this kind just as others are now doing, but I want every man and boy who is interested to just send the attached coupon and the book is his—*absolutely free.* All I ask is the price of wrapping and postage—10 cents. Remember, this does not obligate you in any way. I want you to have it. *So it's yours* to keep. Now don't delay one minute. This may be the turning point in your life. Tear off the coupon and mail at once while it is on your mind.

EARLE E. LIEDERMAN
Dept. 71, 305 Broadway, New York City

COUPON

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Dept. 71, 305 Broadway, N. Y. City

Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name.....

Address.....

City..... State.....

NADA—the wilderness girl

Love the out-of-doors? Then read:

The
Country Beyond

—a great new novel of a fighter's redemption through a woman's faith—by an author whose name is a guarantee:

JAMES OLIVER CURWOOD

Over 2,000,000 people have bought his books. Each of his novels has outsold its predecessor. And now he has beaten *all* of his previous work with a wonderful tale of wilderness love.

Whatever else you read this year, don't let yourself miss "The Country Beyond."

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Cosmopolitan Book Corporation

(*Continued from page* 64)

the permanence of the marble, I shall consider it cheaply bought, even though I have had to dig the stuff for it out of my own skin.

"I am what they call a self-made man. I was born in Sweden, and was brought up by an old grandmother who was a relic of the ancient Scandinavian folk lore, and lived to be nearly a hundred. She used to take me on her lap in the chimney corner by the open fire and tell me tales of the Norse gods, and stories of the demons and trolls, and of the Valkyries screaming as they rode the wings of the storm. When it thundered I could see Thor rampaging in the heavens; I can see him yet. And in keeping with that strong stuff, she taught me to smoke a pipe not long after I learned to walk. In a word, I was born and bred to the dark and brooding mysticism of the North, close, close to the Druids and their sacrificial altars. Balder was my God of Sun; Loke was my Head Devil, the snake that conquered and slew Balder—and brought darkness in place of light, even as the Serpent in Laocoön. It was not so black as the fatalistic paganism of Greece, but it was black. The first title I gave to my conception of Man Triumphant was "Man, the Conqueror of Loke."

"My father, who was well to do in Sweden, migrated to Ottumwa, Iowa, while I was still a child. Over here he couldn't seem to find his niche, and soon found himself plunged into poverty. My schooling stopped. I became a newsboy, a typical little street Arab, with faculties abnormally sharpened by my associations, which were what most persons would call tough, to put it mildly. Later I was other things, an engine wiper in a factory, for instance, and a worker in a packing house, where I used to swing great carcasses of beef, and watched the muscles of the men who worked the cleavers. It was a life of blood and sweat and tears and fierce poverty and little hope.

"At twenty-one I resolved to be a sculptor. I bummed my way to New York as a tramp, riding freight trains and following the open road. From New York I worked my way to Sweden as a stoker. When I went to the Royal Academy at Stockholm and told them what I wanted they thought me just another nut. However, they gave me a chance to take some examinations that admitted me to the Technical School, though they freely expressed the opinion that as an artist I might make a first rate sign painter.

"I kept myself going by teaching English to people intending to migrate to America, and so managed to hang on at the Technical School, and later at the Royal Academy, to which I was in due time promoted. By that time they realized that they had something; but I am afraid they found me an unruly student. I had my own youthful notions about things, and they looked on me as an artistic anarchist. I wasn't regular, I wasn't orthodox, but they endured me. In due time I finished my work, and then made my way to other artistic centers, such as Florence, Rome, and Paris.

"By then my work had begun to attract attention. This was fortunate for me, because I had worked myself to a point where tuberculosis could readily get me—and it did. I learned all about physical culture ideals in that day by not living them. A wealthy man who liked my work and believed in my future, intervened in my chaotic personal affairs, and told me that he would see that I got a chance if I would do as he said. I promised I would, and he made me knock off my work and go to Lapland for two years. There I lived alone, in a cabin in the heart of a howling wilderness populated thinly by the natives, their reindeer, the wild beasts, and the spirit of the North, with the aurora borealis snapping and crackling mysteriously on the near horizon, and the sun shining at midnight on forests of murmuring pine and endless wastes of snow. It was the right medicine. I got well.

"Since then I have led a life so full of ups and downs that I can describe it only by saying that it is made up wholly of perpendicular scenery. I've hobnobbed with kings, I've sunk to poverty many times, I've broken my health by hard work and grief, and I've mended again by walking laboriously up the mountain I had just slid down—for easy is the descent to Avernus; I've done bad work—always when I was ill, and good work—always when I was well; I've tried the monastic life in religious retreat with a certain Episcopalian brotherhood, alternating in a life of infinite contentment between devotion and work; and if I could follow my inclinations, and if my field of service did not so clearly lie in the turmoil of the outside world, I would go back to that cloister at Sewanee, in the folds of the Tennessee mountains, and do my work in peace. But I am not sure that it is a thing that can be done—in peace. In the meantime, art is long; time is fleeting. Loke waits; I must do him in marble, and put him into a grip from which he cannot wriggle."

Do You Believe In Mental Science As A Cure?

IT is time that we should appraise properly the value of both physical health culture and mental health culture. You will find this accomplished admirably in an article in *Physical Culture* next month—"How Much Is there In This Mental Stuff?" You will probably regard it as the clearest statement of the subject that you have ever seen.

Some women retain it . . .

Now Science says:
No one should lose the joy of real health

We all know women—some in their fifties—who still keep the vigor and animation of youth.

Yet many of us—nervous, "run down," irritable even in our twenties and thirties—fear we have lost it forever.

Why the difference?

The two most important needs in the world

What we call "life" is really a double process.

First, the living cells that form our bodies must be constantly fed and nourished. Second, the poisonous waste products that accumulate must be regularly removed.

Check either of these processes even temporarily, and the body is weakened. Premature age, intestinal disorders, skin disturbances, and all the ills we attribute to "run-down condition" are the result.

A simple food which helps the body perform these vital functions

Now Science tells us that in the cells of a tiny living plant—fresh yeast—are hidden the mysterious elements which help the body perform these two vital functions: help it to secure its proper nourishment, and help it to keep the system clean.

This simple fresh food—Fleischmann's Yeast—is being prescribed by leading physicians and hospitals throughout the country. It is helping thousands of men and women attain a health and vigor which they had thought impossible. It supplies the factors in diet for which thousands of systems are starving—factors which also gently but surely cleanse the body of poisonous waste.

Fleischmann's Yeast is a *food*, not a medicine. It does not act overnight—Nature does not work that way. But two or three cakes a day, eaten regularly over a period of time, will achieve positively incredible results.

Gradually the whole body is "toned" and built up. Regular daily elimination is assured. With richer, purer blood, lassitude vanishes—and you know once more the joy of glowing vibrant health.

Go to your grocer today. Get two or three days' supply of Fleischmann's Yeast, and keep it in a cool dry place. Start at once to know what real health means. The Fleischmann Company, Dept. 7110,701 Washington Street, New York City.

"Nervous, 'run down,' irritable—even in our twenties and thirties"

Appetite and digestion restored

The great problem for those who are run down or suffering from indigestion is first to stimulate the appetite, and at the same time make it possible to digest the increased food that is eaten. Fleischmann's Yeast has this remarkable effect on the digestive system. It enables you to eat more, and to get more benefit from the food you eat.

Laxatives made unnecessary

Fleischmann's Yeast does for you naturally and permanently what drugs at their best do only artificially and for a short time. In hospitals, even chronic cases respond to it and normal functions are restored in from 3 days to 5 weeks. People all over the country are telling how Fleischmann's Yeast has helped them.

Skin and complexion cleared

A poor complexion and even actual skin disorders are usually signs that your vitality is being lowered. Fleischmann's Yeast, by assuring proper nourishment and regular elimination, is a wonderful corrective for these disturbances.

Eat it plain—or spread it on crackers—or mix it with water or milk

An absorbing free booklet tells what Fleischmann's Yeast has done for others and can do for you.

SEND THIS COUPON FOR IT TODAY

THE FLEISCHMANN COMPANY
Dept. 7110, 701 Washington St., New York, N. Y.

Please send me free booklet "The New Importance of Yeast in Diet."

Name_____

Street_____

City_____ State_____

How'd You Like Some Thrills

(*Continued from page 47*)

11,797 feet, reaching Grand Lake on the western slope of the range. Its hairpin loops and extensive views make it one of the most scenic roads in America. It was early in July, but the snow was still banked twenty feet deep near the summit and hundreds of pounds of T N T were being exploded to clear the road for summer travel.

Returning to Estes Park we reached the little village of Long's Peak and started up the trail through brilliant flower fields to timber line, where the trees are battling for life with the winds and storms. Climbing the ridges we at last reached Chasm Lake at the eastern base of Long's Peak. It is a wild scene in the heart of an ancient cirque, where the glacier of ages ago has eaten into the mountain. Perpendicular cliffs of nearly 2000 feet tower above the little lake, affording scant hold for the mountaineer. Two descents of these eastern cliffs have been reported, one of them being hazardous in the extreme. Failing to find a way to complete the descent when near the lake, and knowing that it was impossible to reascend, this climber trusted himself to the arms of a passing avalanche and was whirled downward to the lake, bruised but alive.

Early one summer I had reached Long's Peak of an evening and had to continue my journey the next day. It was in advance of the climbing season, but, after spending the night at the timber line cabin, I started alone for the summit. It was about a mile across the boulder field, with good exercise jumping from rock to rock, and then through an opening in the *arete* of the mountain called the key-hole. Here the wind blew the snow so fiercely that I could scarcely see. Beyond there was careful work on the icy slope for some distance, until the "trough" was reached. Some venturesome youth had come thus far and abandoned the ascent, for the steep snow showed where he had slid downward over a thousand feet into Glacier Gorge. My ice-axe was useful company for the next few hundred feet of ascent, and then I reached the little ledge along the upper face of the peak 2000 feet above Wild Basin. It was covered with ice and snow, but was protected from the wind, which I again encountered on the direct ascent of the "home stretch." There were few handholds to be found on the icy rocks, and the force of the wind made it unsafe to rely upon friction in working my way to the summit. Reaching it in safety, I enjoyed the glorious view from this 14,255 foot elevation, and then hastened down in time to leave the park early in the afternoon.

South of Yellowstone Park is a little range of unusually rugged mountains which are but little known to the climber. The Tetons rise majestically above Jackson, Leigh and Jenny lakes and are strikingly varied in form and color. They are a fitting climax to the wonders of Yellowstone Park and should unquestionably be added to its area. Last summer I viewed these mountains from all sides. Leaving the railway at Victor on the southwest, I crossed the southern end of the range and then journeyed northward beneath the imposing summits to Moran on Jackson Lake. I then crossed the northern end and reached the railway at Ashton.

On another trip I took my wife into the Yellowstone by its scenic eastern entrance from Cody, and then south by auto to Moran. We were attracted by the giant mass of Mt. Moran, 12,000 feet, which looms above the western shore of Jackson Lake, and, although we had little time, we decided to get a nearer view of its great cliffs. Several alpinists had attempted to find their way up the peak, but had gotten only as far as its eastern glacier.

Crossing the lake that evening we spent the night on its shore and the next morning found our way up the steep slope through a tangle of undergrowth and fallen logs. The day was hot and the mosquitos thick, so that my thirty-five pound

(*Continued on page 72*)

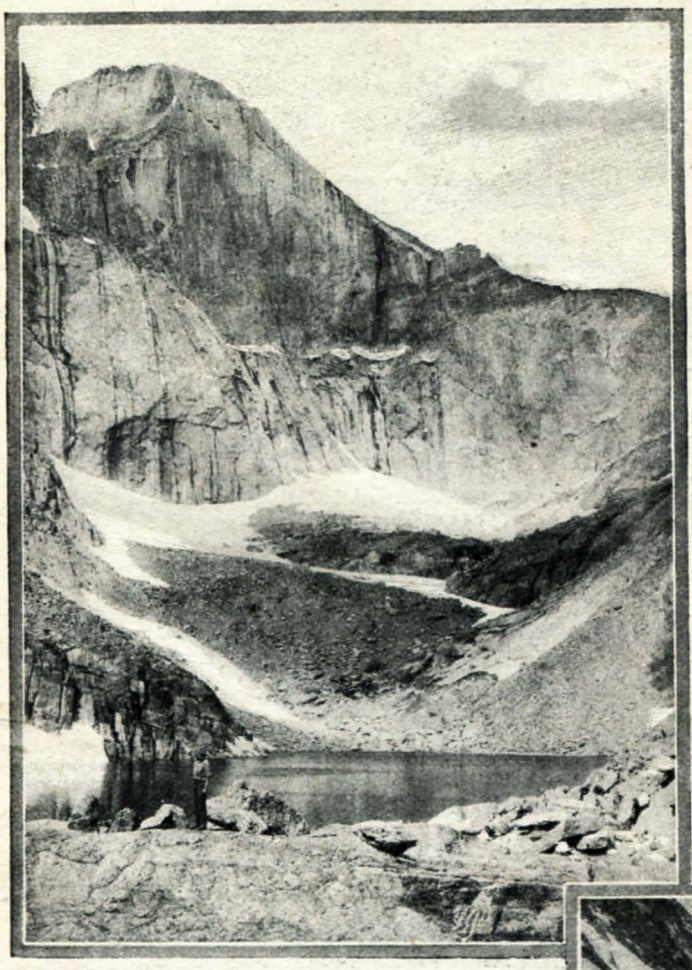
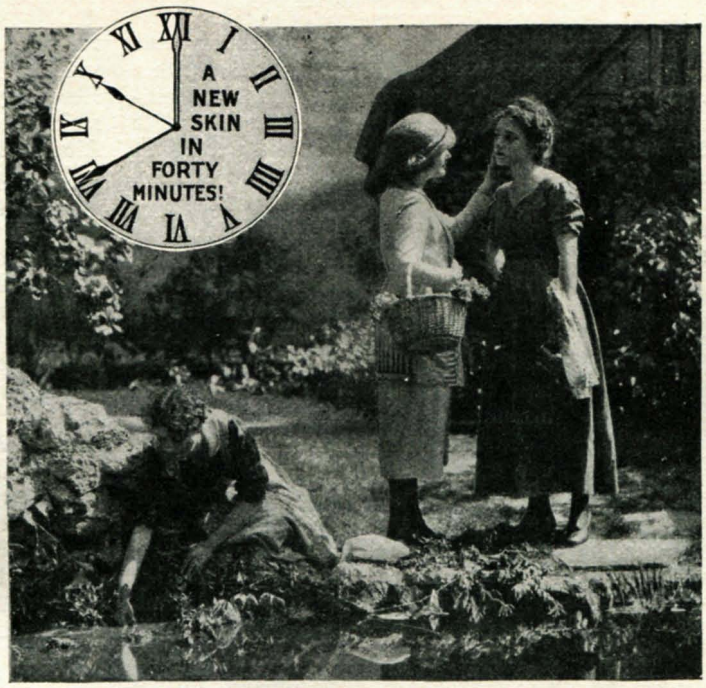


Photo by G. H. Harvey

You are now looking through the eye of the camera at Chasm Lake and Long's Peak, Rocky Mountains, National Park. It is something to look at, if you care anything about worth-while looking. At the right is a bit of physical training in the way of climbing Shelf Trail, Long's Peak. In other words, sort of a "close-up" of a spot somewhere on the big dome in the upper picture.

A clay of such amazing powers no less than a dozen imitations have sprung into being, applied in a moment, starts its work in ten minutes, and—



"There she stood with a perfect complexion"

—in forty minutes, wiped away, the clay has forced the clarity and color of youth to any human skin on which it is applied. A new triumph of dermatology

This Astounding Beauty Clay Makes a New Skin in 40 Minutes!

Here Is the Greatest News About Complexion Ever Brought to America. Even the Dullest Skin Yields to the Simple But Wonderful Method Used Abroad.

By MARTHA RYERSON

I AM going to tell you how a pleasure trip to Sunny Wales resulted in learning a *real* beauty secret. It is a secret of Mother Earth's; a natural, normal and gloriously swift way to end forever an unlovely complexion. I went to Wales with the worst skin a girl could have; one afternoon I left it in the hills! I exchanged it for one of soft texture and full of color. And this is how:

Except that I can now let you prove it for yourself, I would never tell the story—a story my own father found it hard to believe!

Hardest of all to believe is this; the transformation took just forty minutes! Here are the facts:

About the first thing one notices in this southern English province is the uniformly beautiful complexions. The lowliest maid—and her mother, too—has a radiantly beautiful skin. Mine, lacking lustre and color, with impurities nothing seemed to eradicate or even hide, was horribly conspicuous.

It was a happy thought that took a most unhappy girl on a long walk through the hills one afternoon. I had stopped at the apothecary's to replenish my cosmetic—to find it was unknown. They did not have even a cold cream. The irony of it! In a land where beauty of face was in evidence at every turn—the women used no beautifiers! Do you wonder "I took to the hills?" I didn't want to see another peaches-and-creamy complexion that day. But I *did*.

At a house where I paused for a drink from the spring, I stepped back in surprise when the young woman straightened up to greet me. Her face was covered with *mud*. I recognized the peculiar gray clay of that section; very fine, sleek, smooth clay it was. Seeing my surprise, the girl smiled and said, "Madam does not clay?" I admitted I did *not!*

I Decide to "Clay"

In a moment, she wet the clay which had dried on her face and neck, wiped it away, and stood in all the glory of a *perfect* complexion. I think I shall never again envy another as I did that stolid maiden of the hills. Her features were not pretty; they did not need to be. For no woman ever will have a more gorgeous skin. She explained that this amazing clay treatment did it. The natives made a weekly habit of "claying" the skin, quite as one cares regularly for the hair.

I was easily persuaded to try it. Had I not done ridiculous things in beauty parlors where many could see my plight? We tucked a towel over my blouse, and from the spring's bed she took the soft, soothing clay and applied it.

As we sat and talked, the clay dried. Soon I experienced the most delightful tingling in every facial pore; the impurities were being literally *pulled out*. Half an hour more, and we removed the clay mask. Hopeful, but still skeptical, I followed into the tiny house to glimpse myself in a mirror.

My blemishes were gone!

I fairly glowed with color that spread down the neck to the shoulders. My cheeks were so downy soft, I felt them a hundred times on the way home. Father's surprised look when we met in the garden of the little inn later that afternoon was the most genuine compliment a woman ever received. In a basket I had two crocks of the precious clay. I thought father's questions would never end; where did I find it; could I take him to the spot; what was its action, and reaction, and lots else I didn't know. Father is a chemist. Suddenly it dawned on me. He wanted to unearth the secret of that clay's amazing properties, and take it to America! For two weeks we stayed on, he worked all day at his "mud pies," as I called them. Back home at last in Chicago, he worked many weeks more. He experimented on me, and on all my girl friends. At last, using the natural Welsh clay as a base, he produced a compound as miraculous in its effect—only ten times more smooth and pure than the clay used by the peasants abroad.

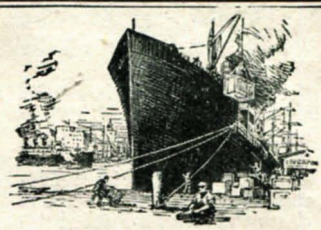
Any One May Now Have This Wonderful Clay

News of the wonders performed by this clay had brought thousands of requests for it. Women everywhere (and men too, by the way) are now supplied Forty Minute Clay. The laboratory where it is compounded sends it direct to the user. A jar is five dollars, but I have yet to hear of any one who did not regard it as worth several times that amount. For mind, in over six hundred test cases, it did not once fail. It seems to work on all ages, and regardless of how pimpled, clogged or dull the skin may be.

The application is readily made by anybody, and the changes brought about in less than an hour will cause open-mouthed astonishment. I *know*.

When I see a woman now, with a coarse-textured skin that mars the whole effect of her otherwise dainty care of self, it is all I can do to refrain from speaking of this natural, perfectly simple way to bring a skin and color such as Nature meant us to have—and has given us the way to have. It is *so* healthful to use, it *cannot* grow hair (in fact, its action checks that undesirable downy growth) and it keeps pores their natural size because it is laid on and *not* rubbed in.

Keep your skin pores clean, open, tingling with life! *My father has made you a remarkable offer in the next column. Read carefully:*



New Shipments from Abroad!

Free Distribution of $5.00 Jars Extended

To the public: My first offer of full-sized jars without profit exhausted my small stock of imported clay. But we have just received more, imported direct from the British Isles.

Therefore, I resume for a time the offer of a full $5 jar without any laboratory charge. You may have *one jar only* for the bare cost of getting it in your hands! The expense of compounding, refining, analyzing, sterilizing, packing and shipping in large quantity has been figured down to $1.87 per jar, plus postage.

Even this small sum of $1.87 is not really a payment—regard it as a *deposit*, which we will return at once if you are not satisfied this miracle clay is all it is claimed to be.

Send no money, please, but pay when postman delivers. Just $1.87 plus postage. Or, if handier to receive jar prepaid, enclose $2; same guarantee holds good

Wm Ryerson

Head Chemist

THE CENTURY CHEMISTS
Century Bld., Chicago, Dept. 135

I accept your "No Profit" offer. Please send me a full sized, regular $5.00 jar of Forty Minute Beauty Clay at the net laboratory cost price of $1.87, plus postage, which I will pay postman on delivery. My money back unless only one application proves completely satisfactory.

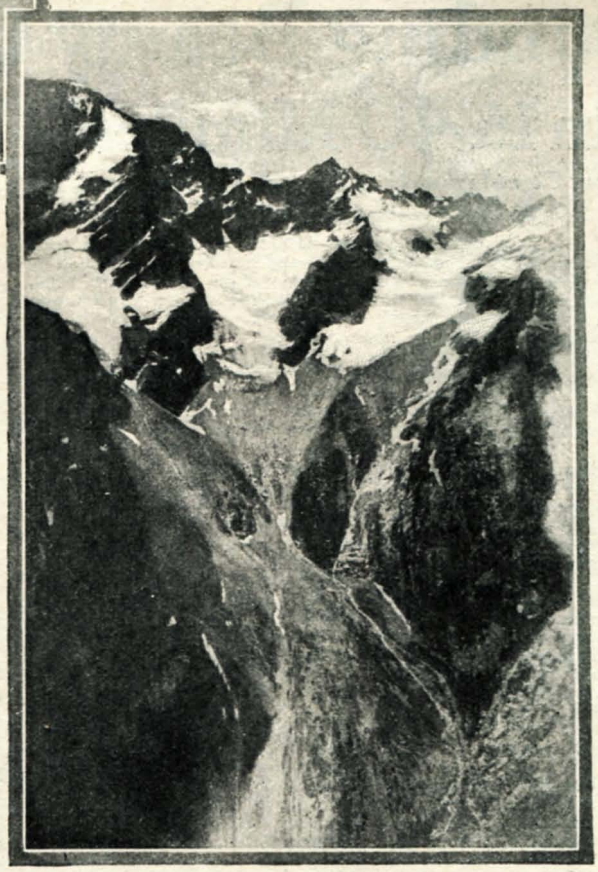
Name .....

Address .....

P. O. ..... *State* .....

(*Continued from page* 70)

pack rapidly grew heavier. We had thought to try the northern cliffs, but we found them impracticable and so decided to traverse the mountain to its eastern glacier, in order not to lose elevation. Climbing in and out of ravines gave added warmth and we were glad to cool off in the ice cave in the snout of the glacier. We had left our bags beneath an overhanging rock near the stream below.



"Hurray for us! How's the weather down there?" They are trying to register the above sensation, the spirit of triumph, the joy of achievement. It is for this that one dares and strives. And at the right the sort of thing that one must triumph over. Oh Boy! Of course any good comfortable mountain is an invitation to climb; a hard one is a challenge to the sportsman. And there is some challenge in a face like this, it being really the northern face of Mt. Moran, whose whole head is shown in the first photograph.

It was after one o'clock and the surface of the glacier was strewn with newly fallen rocks, started from the heights above by the melting snow, but I wished to investigate a long snow *couloir* that led from the head of the glacier toward the summit. In traversing the slope of the mountain we had noticed a distant cabin, and we had learned that a party was camped at the end of Leigh Lake several miles farther south. As my wife started to descend to our bags, I suggested that she remain there until morning in case I did not return. After working my way up over the crevasses I delicately crossed the open *bergscherund* with its yawning chasms of blue and green. Just as I surmounted the wall above I was greeted by the roar of an avalanche and many tons of rock came leaping and crashing within a few feet of my insecure position. I continued a little farther, but the only route was swept by avalanches and a thunderstorm was raging amid the crags, so I reluctantly recrossed the glacier to climb the *aiguille* which bounds it. As I climbed I studied the main peak, finally deciding to attack it from below the glacier. It was four o'clock, but we had insufficient provisions to remain another day, so I hastily descended and crossed the *moraine* for a final attempt.

After climbing the wall I entered a concealed ravine which led upward several hundred feet to the eastern *arête* of the mountain. Here was a magnificent view of the brown valley of the winding Snake, over-arched by rainbows, and surrounded by distant mountains. On one side of the ridge was a thrilling drop to the glacier, and on the other tremendous vertical cliffs. Climbing a cliff impossible to circumvent, I traversed the face of the mountain above the glacier and entered a long chimney penetrating its upper walls. Twilight had risen from the valley as I forced my way upward, reaching from side to side in search of holds. In the absence of a companion I retained my ice-axe occasionally finding it useful to lengthen my reach, but a hindrance when climbing a beetling rock. In surmounting boulders which were insecurely wedged, I threw my rucksack above, and sometimes had to work around them outside the chimney. Here the steep, smooth surface of the rock offered little hold save friction. After many hundred feet of exercise which would have been more enjoyable earlier in the day, I emerged from the chimney on a narrow ridge near the summit. Its northern face dropped vertically for a great distance, while progress was blocked to the west by a high cliff. On many of its slanting rocks overhanging the precipice there were practically no holds and the slightest slip would have been fatal. At last I reached the level eastern summit, about 150 feet in length and 25 in width, which was strewn with loose rocks, and on which no one had stood. From its western end I looked down possibly a hundred feet to a col at the head of the *couloir* which I had thought of climbing earlier in the day. Just beyond was another summit of the mountain similar to mine, but a little higher, crowned with broken rock. From the lake my summit seemed the higher.

At any other time I should have crossed the col, but I was facing extraordinary conditions. Darkness was upon me for it was nine o'clock at night, and, instead of moonlight, a storm was sweeping toward me from the Grand Teton. I was far above other peaks and the driving sleet was beating furiously against me as I pocketed samples of the rock, wrote my name on a slip of paper and placed it in a can, over which I laid a few stones. I had tarried but a few moments on the summit, taking all in at a glance, and I now faced the extreme peril of descent in the dark. Asking for Divine protection, I cautiously felt my way down the evil slope of the upper cliff, being much encouraged to reach the head of the chimney. Facing outward and feeling for foot and hand holds, I gradually reconquered the problems of my ascent. It was occasionally necessary to drop my axe ahead in the hope that it would lodge in the chimney, but it finally fell far forward toward the glacier striking fire on the way. It hinted that I had come too far on cliffs which would be impossible to descend, and I slowly reclimbed to rocks that were familiar. When the moon finally appeared I made more rapid progress, finding my ravine, but missing the point where I should have left it. This involved a descent farther down the gorge where one would hesitate to climb by daylight. It seemed a long distance over the loose boulders and down icy rocks near the stream to the overhanging rock where I expected to find my wife and sleeping-bag. I arrived at 1:30

(*Continued on page* 74)

Can You Guess This Man's Age?

See if You Can Tell Within 25 Years; the Author Couldn't; But He Stuck With Hobart Bradstreet Until He Revealed His Method of Staying Young

By WILLIAM R. DURGIN

HOBART BRADSTREET, THE MAN WHO DECLINES TO GROW OLD

I USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows *why*. Furthermore, he knows how to overcome it—in five minutes—and he showed me *how*.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told that its originator (whose photograph reproduced here was taken a month ago) is sixty-five years old!

And here is the secret: *he keeps his spine a half-inch longer than it ordinarily would measure.*

Any man or woman who thinks just one-half inch elongation of the spinal column doesn't make a difference should try it! It is easy enough. I'll tell you how. First, though, you may be curious to learn why a full-length spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically goes to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation", or cartilage, wears-down and flattens-out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now, for proof that sublaxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and they will disappear. You'll feel the difference in *ten minutes.* At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. Incidentally, the late Elbert Hubbard and he were great pals; he was often the "Fra's" guest in times past. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I say nothing in the whole realm of medicine or specialism can quicker re-make, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours sleep. It shows what a sound nerve-mechanism will do. He says a man's powers can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back?" Or, if young, and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire, and new capacities; you'll feel years lifted off mind and body. This miracle-man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all the enormous sum of $3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming $3.00 to the general public will have full appreciation.

The $3.00 which pays for everything is not sent in advance unless you prefer. Just pay the postman who brings it. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Suite 406,
630 S. Wabash Ave., Chicago, Ill.

I will try your SPINE-MOTION without risk if you will provide necessary instruction. I will pay postman just $3.00 for everything, on arrival. This deposit to be returned in full if I send back the material in 5 days.

Name .....

Address .....

The Girl Who Paid the Price of Victory

THE Huns were invading the land, beating back the defenders of civilization. Salammbo alone held the power to dismay the Barbarians—if she would pay the price! How could one weak woman turn back the hordes of the enemy? What was the price which patriotism demanded that she pay? And when she paid it—?

In Salammbo we walk the streets of the superstitious city. The brutal, uncontrolled Barbarians stare us in the face. We are held in suspense as Matho, the giant Libyan, searches the forbidden temple, steals the sacred veil of the Goddess, and makes his wonderful escape. We tremble for the fascinating Salammbo as she goes on the fearful trip which saves her city, and we follow Ham'lcar as he maneuvers to defeat the enemy ten times his number. This great romance teems with dramatic situations that defy description.

This is but one of the irresistible stories offered you in the works of France's great writer of realism and romance. You may now examine his complete works in your own home.

The Fascinating Works of

Gustave Flaubert

Ten volumes which contain some of the greatest of all French writings. Flaubert was the originator of realism in French literature. He is supreme in the art of word-painting. He creates characters which fascinate you and tells their stories with a vividness and power that are irresistible.

Vivid Pictures of French Life

These wonderful stories describe French life intimately—the gaiety and daring of the Parisienne, the intimate secrets of the demi-monde, the simple existence of the peasants. **Madame Bovary** is the world's masterpiece of naturalistic romance. It tells the story of its characters, their ideals and aspirations, their frailties and falls, with wonderful frankness, truth and power.

Sentimental Education constructs a perfect image of the lives of men and women in Paris, evading none of their problems, veiling none of their faults, telling all the truth whether it illustrates the lofty or the base in human nature. Every one of the many stories in this great set has an individual charm, both for its subject matter and for its style. Once you read Flaubert, you will always delight in the fascination of his writings.

Romance Never Surpassed

The romances of Flaubert have held the world of Book Lovers enthralled. The development of their magnificent plots, their beauty and power of expression, their frankness and courage, make them incomparable. Nothing in all literature is more superbly romantic than **The Temptation of St. Anthony.** The gripping story of the immortal **Herodias** and the beautiful **Salome** is told with a beauty unsurpassed. Any selection you make from this wonderful set, whether it be **The Castle of Hearts, a Simple Soul, St. Julien the Hospitaller,** or any of the many others, will offer you the same fascinating entertainment and superb literary form. For Flaubert never fails to strike a responsive chord in the hearts and minds of his readers. He tears aside the veil of pretense, of propriety, and paints the naked human soul in burning words of truth, whether they honor or damn.

Ten Volumes—Sent on Approval—Send No Money Now

These ten volumes with their wealth of good reading, their 24 rotogravure illustrations and substantial binding will be sent for examination without obligating you in any way to purchase them. You may examine them in your own home for ten days. Judge for yourself whether you need these books and then if you wish return them to us. All that you must do now is to send the coupon so that one of these sets may be reserved for you.

Special Price On 200 Sets—Act Now

These two hundred sets of the great French master are the last sets in existence of this edition and were sold to us by the St. Dunstan Society in order to realize cash on their stock. They were bought at a price for which they could not be manufactured now. We were able to get only two hundred sets, which are on their way to our stock room in New York. When these sets are sold the works of Gustave Flaubert will be available only in the binding costing over $50.00. If you want these books you must act immediately. Shipments will be made in the order of their receipt up to two hundred. Now while you have this page before you sign the coupon and fill in your name and address and mail before it is too late to take advantage of this wonderful offer.

FREE EXAMINATION COUPON

Wm. H. Wise & Co., Publishers
50 West 47th St., New York, N. Y.

Send me, charges prepaid, the 10-volume set of Flaubert's works. I agree to return them within 10 days after delivery, or if I decide to keep them, I will pay $1 after 10 days and $2 a month for 7 months. Deduct 10% if cash in full is sent with coupon.

Name.....

Address.....

Occupation..... P. C. 10-22

WM. H. WISE & CO., 50 W. 47th St., New York City

How'd You Like Some Thrills

(*Continued from page* 72)

A. M. to find neither awaiting me.

No voice save that of the torrent, answered my call. It was a question whether my wife was in the vicinity or had gone for a rescue party. Failing to find her, and not enjoying the possibility of having to search for those who might look for me in the morning, I decided to continue in the direction of the cabin which we had seen. Following the stream I battled with its thickets and finally came to an avalanche of gigantic white quartz boulders, gleaming in the moonlight, on which I leaped along for some distance. At last I climbed a thickly wooded ridge to the south, climbing over fallen timber, and clinging to branches to avoid falling from the cliffs in the darkness. About dawn I rested for a few minutes before crossing a morass and reaching the cabin. It had long been abandoned, but pinned to a log was a welcome note from my wife that she had stayed there that night. Hastening to the shore of Leigh Lake, I awakened its echoes, and heard a distant response from my wife who was struggling through the thickest of jack pine to the west. Following the eastern shore of the lake we finally reached a camp at its southern end, where we lay down for a brief nap. With the exception of a few moments' rest, I had continuous exercise for nearly 30 hours, climbing about 7000 vertical feet and having many miles of difficult travel. With favorable conditions, any competent mountaineer will not find Moran excessively difficult—if he knows the route of ascent.

Meanwhile I learned my wife's experiences since we had parted at the glacier. After following the stream for some distance she thought it would be easier to travel more to one side. Climbing a little, she heard the roar of an avalanche, and a stream of enormous boulders came leaping past her, grinding the rocks into fragments for about twenty minutes by her watch. Although she climbed up and down for some hours in search of our bags, we never saw them again for they had been carried away by the avalanche. Finally she had worked her way before dark to the cabin, occasionally assisted by animal trails, for bear, moose, elk and deer are plentiful in this region.

We were soon riding to Menor Ferry across the Snake, where we walked for several miles to the main road and secured a car, reaching Moran late that night.

Get Another Kind of Thrill

At the great Physical Culture Exhibition, details of which are given elsewhere in this issue.

Music Makes it Fun to Reduce this New Way

"Pat" Wheelan personal instructor to New York's "400."

Try this wonderful, fascinating method of getting thin to music in your own home for five days.

HERE, at last, is the ideal way to secure and retain a perfect figure. Women and girls the country over are getting slender and staying slender, gaining grace, health and wonderful suppleness, by a fascinating method of combining simple exercises with the kind of music that makes the exercise as thrilling as a fox-trot or a waltz.

It is just as easy to lose weight as it is to gain it. Excess flesh is merely the result of breaking certain, simple, natural laws. And to get rid of it quickly and harmlessly is only a matter of devoting a few minutes daily to several scientifically devised rules for rhythmical bodily motion.

A number of stout people don't know this and so make reducing very hard work. They torture themselves with diets, gymnastics, baths and almost any other thing that either looks hard or really is work. It seems to be a part of human nature to believe in the hard things and doubt the easy ones.

The women of fashionable New York society know of the easy pleasant way to have a perfect form, combined with grace, health and youthful suppleness. It was devised for them by "Pat" Wheelan, the well-known physical director and health expert.

The reason these women of the "400" are willing to pay Mr. Wheelan big fees for his personal instruction is because they simply cannot diet—in fact they are always gratifying their taste for rich foods, candies, and fat-forming luxurious ease and comfort.

At Last "Pat" Wheelan Tells of His Amazingly Simple Method

Until very recently Mr. Wheelan kept his methods of reducing to music exclusively for fashionable people. But he has been persuaded to let this secret become generally known and now every overweight woman or man can quickly and easily obtain an ideal figure, graceful curves, and youthful proportions through this sure, natural, fascinating method. And anyone can now thoroughly test Mr. Wheelan's method at home without expense or obligation of any kind.

This method is so delightful that no one ever gives it up. They get so much fun out of it that they go through the simple exercises as much as a half dozen times a day. Not that this is necessary, but most folks just like to do them—they are so much fun. It is not at all unusual for fat people to lose a pound a day, when they follow the few simple rules.

Reducing to Music is Nothing But Fun

It gives new life to the body—makes the blood carry off the fat and remove all impurities and poisons which not only cause pimples and other skin blemishes, but also removes the cause of many diseases of the heart, liver, stomach and kidneys. Your skin clears, your eyes sparkle, fat folds and lines disappear almost as quickly as if you had used some Fairy Queen's rejuvenator. The real wonder is that such a simple system of real fun wasn't discovered before.

Costs Nothing to Try This New Method

It need not cost you one cent to make thorough trial of this new fun-inspiring method, because you can have the complete course for five days' trial.

"Pat" Wheelan's marvelous method is in a series of quickly understood lessons, accompanied by charts, to make them as easy to follow as if he stood at your elbow directing you. With these instructions are furnished 5 double-disc records, playable on any phonograph. The lessons, charts, and records are all that you need to start reducing the very first day. There is no medicine or drug to take—no diet to follow.

You simply place one of the records on the phonograph, set up the chart in front of you, do as the voice on the record directs, then give yourself up to the keen enjoyment you will have as you sway through the graceful movements to "catchy" spirited music.

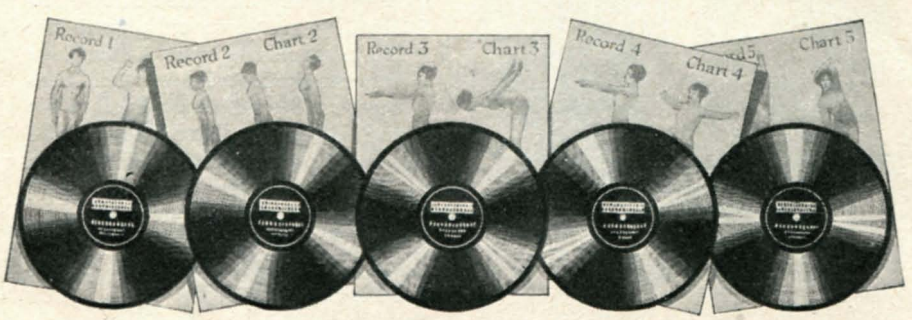
Send No Money

Just mail the coupon—or write a letter—and Mr. Wheelan will send you the entire course, including the 5 double-disc records. When the postman hands the package to you simply deposit with him the small sum of $3.85 and the full course is yours without further payments of any kind. But if for any reason you are not thoroughly satisfied after five days' fair test, you may return the complete course and have your money back without question.

You really do not risk one single cent to make a fair, personal test of this safe, harmless, rapid and fascinating method to regain a perfect form, youthful looks, and superb health. Mail the coupon today—now—while it is so convenient to do so.

Through "Pat" Wheelan's sure, natural and fascinating method anyone can easily and quickly obtain an ideal figure and youthful proportions.

"PAT" WHEELAN
210 Cambridge Building
Fifth Avenue New York



"PAT" WHEELAN
210 Cambridge Building, Fifth Ave., New York

You may send me in plain wrapper, the 5 DOUBLE-DISC records, together with necessary instructions which are designed to give me a perfect figure through the most fascinating method ever invented. When the postman hands the package to me I will deposit with him the small sum of $3.85 and the entire course is mine without further payments of any kind. If I am not satisfied after five days' trial, I may return the full course and you will refund my money promptly and without question. I am to be the sole judge.

Name.....

Address.....

City.....

If apt to be out when postman calls, you may send money with coupon.

We'll See You at the Physical Culture Show

The Week of October 23rd

IF you have any claims to radiant health, strength, beauty or perfection of physique you can't afford not to enroll for the contests at the National Physical Culture Exhibition which will be held in Madison Square Garden, New York City, during the week of October 23rd. Nor should you fail to take in the Show if only as a spectator.

At this Exhibition will be assembled the flower of America's manhood and womanhood—and childhood. Compete with them—or at least meet and admire them. Learn from their lips the story of their attainment of physical splendor or their restoration to complete health through natural methods.

Are you proud of your hair, your eyes, your teeth, your feet? Have you developed a perfect body? Do you possess Herculean strength and endurance? Then enroll with us for competition at the great Physical Culture Show. Have you "the finest baby ever"? Well, don't fail to enter the youngster in the Baby Contest.

Come on you health fans! We want to meet you. Boost the good work—show the world the benefits of the physical culture life. We ask no entrance fee for any of the contests. All you have to do is send us a recent photograph, together with measurements and a brief statement of what you can do, and tell us if you can be present in New York City at the Exhibition during the week of October 23rd-29th. If you desire to enter any of the contests do not delay for the sake of having new photographs taken; send copies of the ones you have. A postcard size photo will fill the bill.

In the Baby Show the babies will be judged for their general physical make-up and for all-round good health, not for pretty costumes or pretty faces as is the case in many baby shows that are held.

One may not have the complete bodily symmetry required in the contest which is to decide who is America's best developed man or woman, yet may possess a beautiful head of hair, a splendid set of teeth or perfect feet. In order to give the greatest possible number an opportunity to enter at least one of the contests the management has arranged for a wide variety of them.

Since announcing the strongest man contest we have decided, in justice to the fair sex, to hold a competition to determine America's strongest woman. As yet we have no entrants for this event and are most desirous of hearing immediately from women fitted for this contest. If you know of a strong woman call her attention to this announcement, urge her to send her photograph, her measurements and a statement as to her weight-lifting ability.

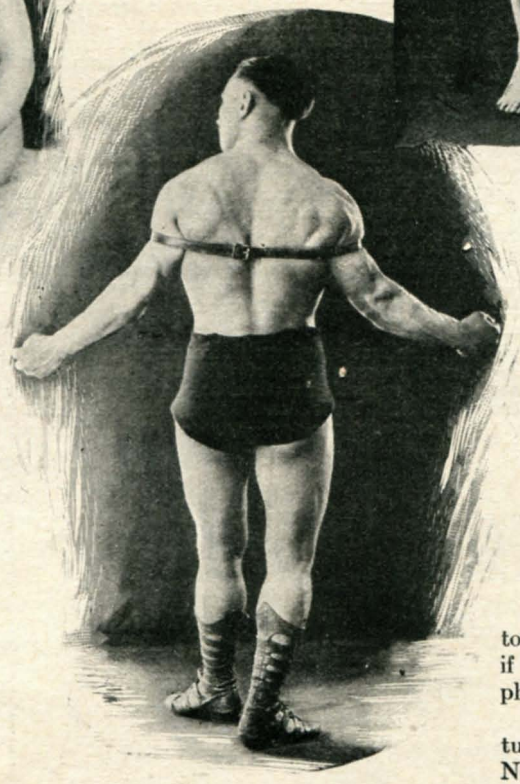
We should like to hear from a few more readers of PHYSICAL CULTURE who have been cured of serious ailments by physical culture or natural methods after the medical doctors failed to help them. We offer no financial reward to those who come to the Exhibition to act as living testimonials. We will, however, pay railroad fare and expenses for the week for those we select and send for.

A word of caution: Do not come to New York City to enter any of our contests unless we notify you beforehand. This rule must be followed, because we only want the most impressive cases. Sometime between the first and tenth of October we will send letters to all of the contestants who have been selected to take part in our exhibition. Meantime, if you have not already done so, send in photographs and data about yourself.

Address The Manager, Physical Culture Exhibition, 119 West 40th Street, New York City.

Who is the most perfectly developed woman? There will be perfect development contests for both men and women at the great Physical Culture show. Miss Gertrude M. Eggett, of Fresno, California (above) won the PHYSICAL CULTURE photographic prize last year. Perhaps you can outshine her in this contest

It is going to take some baby to excel little Jacklyn June Jones, of Bluefield, W. Va. Probably that baby of yours, however, will have no trouble in running away with the honors. Enter him in the little Baby Show at the big Physical Culture Show, and give him a chance.



Who is the strongest man? The question will be settled at the Physical Culture Exhibition at Madison Square Garden in a national contest among our strongest men. William D. Wareing, of Yonkers, N. Y., in the picture, claims to be the strongest man of his weight, one hundred and fifty pounds.

You've Never Tasted Salt Mackerel Like Mine

***Sweet and tender—plump and juicy*—delicious thick-meated mackerel with a special *deep-sea flavor* all their own. In all the world you'll find no mackerel like these**

Frank E. Davis

FOLKS — I want you to see for yourselves how entirely different my mackerel are from *any* that you've ever tasted. I want you to treat your folks to a breakfast or dinner of these choicest mackerel.

So won't you let me send you some of my mackerel—entirely at my own risk? And after you've served some, if you don't all agree that it's *by far* the best mackerel you ever tasted, then it won't cost you a *single penny*.

Direct from the Sea

For some 40 years now, I've been shipping mackerel direct from Gloucester to homes throughout the country. From smallest beginnings, I've watched my business grow until today it's the *largest direct-to-consumer sea food business in the United States*.

I only wish that sometime you could come down to this quaint old fishing town during mackerel season. Then you'd appreciate why my mackerel are so different and why we do such an enormous business.

If you could go through my huge new plant, you'd find there the secret of the special goodness of these mackerel. Here you'd see the mackerel brought right in from the fishing boats. You'd see them cleaned and trimmed under the most sanitary conditions. You'd see them packed in the most scientific way, with the tang of the sea fresh in them—all ready to be shipped direct to your kitchen.

The Choicest of the Fall Mackerel Catch

You'd notice too the utmost care with which these mackerel are selected. You see, I know mackerel. My family way back were fishing folks. I've spent my whole life around fishing boats and know just where to get the very finest of each season's mackerel catch—the picked mackerel like Gloucester fishing folks save out for their own tables.

That's why I handle only Fall Mackerel —because in the Fall, mackerel are full grown, fat and tender. I could get Summer Mackerel for *one third* what I pay for these, but Summer Mackerel are thin and tough, and only the choicest mackerel of the Fall catch are good enough for my customers. That's the kind I send you.

Special Offer— Send No Money

Don't send any money. Just fill out and mail the attached coupon with the name of your bank or any store at which you enjoy credit, and I'll send you (all charges prepaid east of Kansas) a pail of my mackerel in brine—4 large, juicy fellows weighing at least a pound and a half each with their heads and tails off. Freshen a half or a whole fish for a meal, cut lengthwise or crosswise as you prefer. They are packed to keep almost indefinitely.

If after trying one of these mackerel, you don't find that they are far better than any mackerel you ever tasted, or if you don't care for them, send the rest back to me at my expense, and you will owe me nothing. But, if, like thousands of others of my customers, you become a mackerel lover and keep the fish, just send me $3.45 within ten days, and we are all square.

You risk absolutely nothing. Mail the coupon TODAY.

Frank E. Davis Fish Company
1610 Central Wharf Gloucester, Mass.

Frank E. Davis Fish Company,
1610 Central Wharf, Gloucester, Mass.

I would like to try, at your risk, some of your Salt Mackerel. Please send me, all charges prepaid (east of Kansas) one pail containing 4 large, juicy Davis mackerel (no heads or tails), each fish weighing at least a pound and a half. If, after trying the fish, I don't care for them I will return the rest at your expense, and will not owe you anything. Otherwise I will send you $3.45 in ten days, in full payment.

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The Home Correspondence School
Dept. 113, Springfield, Mass.
ESTABLISHED 1897 INCORPORATED 1904

The Revolutionary New Truth About Food

(*Continued from page* 32)

own skeleton for the calcium and other minerals essential to the elaboration of milk, while on the other hand prior to the milk production period she actually stores up minerals in her skeleton framework as well as in her tissues.

The German crew gave little thought to the significance of this phenomenon, nor to the fact that they were slowly robbing their bodies of the minerals essential to life through their two hundred and fifty-five-day effort to exist on the typical American diet of plenty of fresh meat, mashed potatoes, canned vegetables, white bread, butter, sweet cakes and coffee.

By the middle of January the ship's surgeon, Dr. E. Perrenon, began to observe the pallor of the crew, the dilation of the pupils of their eyes, the fluttering and twitching of facial muscles and nerves and the marked shortness of breath of many of the men who were beginning to complain.

February 5, 1915, seven months after the beginning of her deadly experiment, she sank the Norwegian bark Samentha, sailing from Linton to Falmouth with a cargo of whole wheat. The germ and bran of that wheat would have been worth more to the rapidly succumbing Germans than its weight in gold and precious stones. But the Germans did not know how badly they needed those whole wheat products with their alkaline and potassium salts and other priceless solubles.

They did not dream that within a few weeks one hundred and ten of them would pass just an inch beyond the limit of toleration and suddenly fall paralyzed to the deck. In consequence of their faith in fresh meat, white flour, butter, boiled potatoes and coffee those thousands of bushels of whole wheat, with their treasured content of mineral salts, were sent to the bottom of the sea. Not a single bushel was transferred to the German cruiser.

She did not heed the fact that there is a balance of acid and base-forming elements in the "ash" content of all food.

She did not heed the fact that in the food she seized, the base-forming elements had all been processed out, for the sake of refinement and for other purely commercial reasons.

She did not heed the fact that after a diet of refined food a mild chronic acidosis is set up which abstracts the lime salts from the fibrous tissues, muscles, nerves, cartilages and bones. When the limbs of the German sailors began to swell they did not know that the swelling was due to the abstraction of these lime salts with the increased vascularity which follows.

She did not heed the fact that loss of lime salts causes irritability and weakness of the muscles with neuralgic pains. She did not know that the continued loss of lime salts causes effusion into the joints.

She did not know that following these stages in the progress of acidosis the cartilages soon become involved and that this condition is in turn followed by thinning and erosion.

She did not know that the abstraction of lime salts is a cause of the rapid progress of tuberculosis. She simply continued to raid as long as any strength remained in the courageous bodies of her crew.

March 27, 1915, she sank the British steamer Coleby, bound from Rosario to St. Vincent with another cargo of whole wheat. She took her coal, white flour, butter, potatoes and canned vegetables, but sent the precious wheat to the bottom.

Alarming conditions began to develop. Typical symptoms of paralysis, dilated heart, atrophy of muscles and pain on pressure over nerves, with anaemia, were marked. Fifty of the men could not stand on their feet. They were dropping at the rate of two a day. It seemed that a curse had descended upon the cruiser and it was plain that the whole crew was rapidly going to pieces.

"But if German sailors eat typical American meals for two hundred and fifty-five days and develop on that diet of white bread and meat a condition of malnutrition that has resulted so disastrously, why do not the Americans themselves develop the same conditions?" you ask.

Americans do develop the same conditions, but because they eat many other offsetting foods, which were outside the reach of the German sailors, the severity of the condition is modified accordingly.

On the Kronprinz Wilhelm the intensity of the cause determined the gravity of the effect. There was no outside assistance in the form of offsetting fresh vegetables and fruits to lessen that intensity.

The canned vegetables consumed, although theoretically contributing base-forming elements, actually aggravated the condition for the reason that their juices were consumed. These juices, heavily contaminated with salts of tin and sheet iron, acted as a powerful irritant to the kidneys already taxed beyond their capacity with excess quantities of sulphuric, phosphoric and amino acids, elaborated in the digestion of high protein and refined carbohydrate foods.

Americans eat onions, lettuce, asparagus, cabbage, carrots, parsnips, cauliflower, celery, apples, berries, oranges, grapes and other base-forming foods which assist nature to combat or to modify some of the evil effects of the refined diet on which the Germans attempted to thrive for a long period.

(*Continued on page* 80)

Thousands who are too fat or too thin, run-down, tired out; children who suffer from malnutrition are victims of impure, adulterated, denatured foods. Yet if they only knew the RIGHT foods to eat, they would be astonished at the quick return to glowing health and perfect physical condition.

Let Alfred W. McCann Make a New Man or New Woman of You

ALFRED W. McCANN
The Great Pure Food Crusader

Are You Troubled With Constipation?
Do You Have Catarrh?
Is Your Blood Pressure High?
Have You Pyorrhea?
Are You Constantly Tired Out, Lacking in Energy?
Are You Too Fat or Too Thin?
Do Your Children Suffer From Malnutrition?
Do They Always Have Colds?

The Greatest Health Restorer and Vitality Builder Ever Discovered

HUNDREDS of thousands of people do not know what it is to enjoy real health. They are utterly lacking in vitality, in energy, in bodily resistance. They are subject to a host of disorders. Catarrh, Pyorrhea, Bad Teeth, Constipation, Rheumatism, Diabetes, Malnutrition, Anemia, Neurasthenia, Hardening of the Arteries and High Blood Pressure are a few of the many maladies that are daily increasing at an alarming pace—all as the result of the foods we eat.

Three times a day the average table is loaded with foods that are nothing short of slow poisons—foods that are almost entirely lacking in life-giving elements. Alfred W. McCann, the great food specialist, has revealed facts about our foods that are absolutely staggering.

It seems almost inconceivable that our everyday foods should be causing ravishing disease, untold misery and premature death. Yet if people knew the truth about many of the foods they eat—foods considered pure and wholesome and the best the market affords—they would be shocked at the thought of putting such deadly substances into their stomachs. Alfred W. McCann has shown through extensive experiments that animals fed on many of our common foods die more quickly than if they had starved to death!

The fact is that we are not eating natural foods at all—but foods that have been commercially adulterated, denatured, devitalized, "processed" and treated so that they have not only been robbed of all natural nutriment, but impregnated with chemicals and substitutes that are ruinous to our bodies.

The amazing extent of malnutrition among children, the steady increase of disease, furnish startling evidence of this great food-crime against humanity.

Yet it is just as easy to eat the right foods as the wrong foods and to enjoy all the benefits of the life-giving elements that Nature has put into foods. By following Alfred W. McCann's principles of proper eating results are obtained that are little short of amazing.

His methods are literally making men and women over. People who had previously been constantly run down, tired out, and listless are astonished to find themselves bubbling over with the new energy, vitality and strength provided by proper foods. People who had been thin, anemic and emaciated put on new, firm, solid flesh, while those who had suffered from excessive, burdensome, dangerous fat quickly reduce to their normal weight.

A host of disorders arising from impure blood is eliminated. Symptoms such as skin eruptions, pimples and sallow complexions vanish like magic once wrong foods are replaced by right foods.

Constipation—one of the most common troubles caused by improper habits of eating, and the condition that keeps so many people feeling only "half-alive", that leads to auto-intoxication and other complications, is ended inside of twenty-four hours through Mr. McCann's methods.

Other troubles of the digestive tract—indigestion, dyspepsia, acid stomach are ended just as surely and easily when healthful foods replace harmful foods.

ONLY PART OF CONTENTS
A few of the 133 chapters, Health or Disease

Red Blood Depends on Food
Medicines Added to Sugar and Starch
Getting the Child Started
Denatured Foods Destroy Life
Old at 25, Young at 60
The Human Body
Food Minerals Essential to Life
The Thyroid Gland—A Poison Destroyer
Digestibility and Indigestibility
Constipation
Suspected Causes of Cancer
Stunting the Growth of the Young
Maternity and Tuberculosis
Thin Haired Women — Bald Headed Men
Honey and Fruit
Infantile Paralysis
Iron and the Raisin
Refining Processes More Deadly than War
Preventable Tragedies of Milk and Meat
Anemia, Tuberculosis, Heart Disease
Ideally Balanced Menus

Facts So Startling That You CANNOT Ignore Them

You owe it to yourself to find out the truth about the foods you eat. The facts are so startling that you should not continue for another day habits of eating that are a deadly menace to your health.

Let Alfred W. McCann show you the way to glorious new health, strength and longevity through his revolutionary book, "The Science of Eating"—a book which will go down in history as the greatest exposure of food crimes ever made—the book of which Dr. E. S. Coleman, professor of Materia Medica, Flower Hospital, says: "Alfred W. McCann's book constitutes the most important contribution of a hundred years to the literature of health and right living. There may be many good books to die by, but here is the one great book to live by."

Do not think this remarkable book is for food faddists; it is for *everyone*. It does not advise any irksome diet. It simply shows you how to eat Nature's own foods as Nature intended you to eat them and how to avoid eating so-called foods that are not fit to be eaten. Once you start following this simple method you will be literally astonished at the improvement in your health. You will find yourself possessed of a new vitality, a new energy, a new physical fitness that will make you say that no miracle of medical science compares with the miracle of correct foods.

5 Days' Free Trial

Prove to yourself, without risking a single penny, that Alfred W. McCann's amazing book is the one best investment in health you could possibly make. Send $3.00 for a copy of this wonderful book and if you are not thoroughly convinced that it will literally make a new man or new woman out of you, return it at the end of 5 days and your money will be immediately refunded. Order your copy at once as the present edition is limited.

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Enclosed please find $3.00 for which send me prepaid Alfred W. McCann's wonderful book, "The Science of Eating," with the understanding that if I care to return it in 5 days you are to refund my $3.00.

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One hour each night spent with the I. C. S. in your own home will prepare you for the position you want in the work you like best.

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THE PED-FIX COMPANY
357 Westminster Street
Providence, R. I.

(*Continued from page* 78)

Thousands of children of the poor in the United States, exactly like the crew of the Kronprinz Wilhelm, do not get their hands on these offsetting foods, and in the case of adults there are thousands who, making improper choices, deprive themselves of these offsetting bases. In the meantime the condition of acidosis does progress sufficiently to interfere with the growth of the young and to rob the body, through lowered vitality, of its natural defence against diseases of many kinds.

It puts a tremendous handicap upon pregnancy and lactation. It predisposes to tuberculosis, appendicitis, constipation and cancer. It does not pile up its woes in a heap as was done on the German cruiser. It spreads them out thinly over a larger area and provokes many preventable ills.

The Kronprinz Wilhelm had proved conclusively the deficiencies of the very foods upon which America relies so heavily. Prior to her experience no prolonged experiments had been conducted to determine the evil results of living exclusively on refined foods and meats.

The Kronprinz Wilhelm had at last furnished that experiment, with its picturesque proof of the folly of unbalancing food by refinement; of the folly of disregarding the significance of the mineral salts natural to all unprocessed food; of the folly of claiming for high calorie foods the very virtues they do not possess.

With Dr. Perrenon the writer discussed all these points, avoiding the suggestion that the disease from which the men were suffering was not beri-beri for the very good reason that the remedy for beri-beri and acidosis (from which the crew were suffering in its worst form) is precisely the same. This remedy consists in restoring to the sapped body the bases stolen from it.

Medicines had been given without effect. The men continued to go down with the disease. The writer suggested the following remedy. To 100 pounds of wheat bran add 200 pounds water. Leech for twelve hours at 120 degrees Fahrenheit. Give each man eight ounces of this liquor each morning. Boil cabbages, carrots, parsnips, spinach, onions together for two hours; drain off liquor and feed it as soup in generous quantities with unbuttered whole wheat bread.

Wash and peel potatoes. Discard potatoes, retain skin. Bring them to a boil and give liquor to drink in quantities of four ounces a day. Give to each man yolks of four eggs daily with fresh, sweet, unskimmed milk, at the rate of one yolk every three hours, the milk to be sipped. One hour before drinking milk give juice of ripe oranges without sugar. At end of first week let men eat solids of vegetable soup as well as liquor.

It must be remembered that acidosis is the most relentless calcium destroyer now engaged in breaking down human tissues. Acidosis even of the mildest type can well be looked upon as the chief forerunner of tuberculosis. Scandola had demonstrated that nothing promotes the elimination of calcium more than the use of decalcified foods such as white bread, potatoes and meat.

It had also been established that where the calcium supply of the tissues is diminished the blood will not coagulate on demand. After a diet deficient in calcium post mortems show hemorrhages in the long bones, thus revealing the hidden ravages that progress unseen until too late to be averted.

Where the mother is deprived of a sufficiency of calcium foods the unborn child is handicapped by lime deficiency. Its bones do not grow normally, its teeth do not erupt properly; later they decay quickly.

The importance of calcium in the processes of nutrition is no longer subject to debate, and the fact that the diet of the crew of the Kronprinz Wilhelm had been commercially robbed of its calcium is a notorious classic that no longer requires demonstration, even though Americans perish in ignoring its meaning to them and to their children.

For many years it has been known to the medical profession that the autointoxications or acid intoxications known as acidosis can be experimentally produced by feeding a diet free from the alkaline salts, thereby causing the sulphuric and phosphoric acids, elaborated by protein digestion, to combine with the salts of the tissues, thus destroying them.

Ott and Crofton had shown that twenty times the normal amount of calcium salts is excreted in tuberculosis.

The complete withdrawal of calcium destroys the defense of the tissues against the invasion of the tubercle bacilli.

Commensurate with nature's inability to obtain a calcium defense the tubercle bacilli colonize without restriction.

A normal calcium content is indispensable to human life. Foods that are not processed or refined provide this normal calcium content.

The crew of the Kronprinz Wilhelm was deprived of its calcium for a period of 255 days, which term can now be estimated, with precision, as the maximum length of life on a diet of such demineralized food.

It must be remembered also that the demineralization involves not calcium alone but also many other "ash" constituents of normal food, such as potassium, iron, magnesium, silica, fluorine, iodine, etc., each of which performs a function in the economy of nutrition no less picturesque or important than the rôle played by calcium.

Upon this foundation the proposed remedy was applied to the stricken crew. In ten days forty-seven cases were so far advanced that Dr. Perrenon reported

(*Continued on page* 82)

Face Pores Give Up Their Poisons To New Magnetic Clay!

Men and Women Amazed as New Discovery Almost Instantly Reveals a Hidden Beauty

NEVER before has the attainment of smooth, clear, beautiful complexion been as simple, as inexpensive as now. Anyone can now have a fine-textured skin, radiant with the fresh coloring of youth, smooth and firm as a child's. In only 30 minutes, mind you! In one short, half-hour you can have a brand-new, beautiful complexion.

It seems almost magical. Tired lines, enlarged pores, sallowness—all vanish. Blackheads and pimpleheads are lifted right away. Hidden beauty that you never dreamed you possessed is brought to the surface.

What Is This New Kind of Magic?

It's all very simply explained. The face is covered with millions of tiny pores, through which Nature intended impurities to be expelled. But when dust, bits of dead-skin, and other harmful accumulations clog these tiny pores, the impurities cannot escape. The skin becomes dull, coarse, colorless. Soon poisons form in the stifled pores, and blackheads and pimples make their appearance.

Ordinary methods cannot relieve this condition. Water clears the surface of the skin, but cannot get at the tiny mass of impurities and accumulations *beneath the surface*—the bits of poison that are hidden away in the pores and that are causing all the trouble. Massage may help temporarily, but stretches the skin and eventually causes wrinkles.

Only now, after years of research and experiment, has the positive, natural way been found to relieve the condition of clogged pores *at once*. Certain elements when combined in just-right proportions, have been found to possess a remarkable potency which acts on the face pores as a magnet acts on a bit of steel. These elements have been blended into a fragrant, creamlike clay, which is as easy and pleasant to use as a face powder.

Each particle of this amazing new kind of clay, is like a tiny, invisible magnet. When you apply the clay to your face, it seems almost as though millions of tiny magnets were drawing the pore-poisons and accumulations to the surface, absorbing them, lifting away the blackheads and eruptions. The feeling is one of physical relief

—refreshing, and invigorating.

How to Use Domino Complexion Clay

That's what it is called, this remarkable discovery—Domino Complexion Clay. It is applied with the tips of the fingers, just as an ordinary cream would be applied. You may read or relax while it is doing its wonderful work. In a few moments it will dry and harden into a fragrant mask. There will be a cool, tingling feeling as the tiny pores awaken, and as the magnetic clay draws the clogged-up impurities to the surface.

In a half-hour, remove the clay. With it you will remove every blackhead and pimplehead, every pore-poison and impurity, every bit of dust, dirt and dead skin. Your complexion will be transformed!

It will have the soft texture, the fine, delicate coloring of youth. You will declare that a fairy must have touched your face, gently removed the blemishes and impurities, and revealed a new beauty.

Send No Money

The wonderful beautifying effects of clay have long been known to beauty specialists. Indeed, many kinds of clay have been used in beauty parlors for years. But only now have the just-right elements been found which, when combined, create a **magnetic clay**—a clay that **draws the impurities to the surface and lifts them away.**

To enable everyone to try Domino Complexion Clay, we are making a very special introductory offer. If you act at once, a full-size jar of Domino Complexion Clay will be sent to you direct from the Domino Laboratories, without any money in advance. Just mail the coupon below—no money.

ONLY $1.95 *Send No Money*

When your jar of Domino Complexion Clay arrives, simply give the postman $1.95, plus postage, in full payment, instead of $3.50, which is the regular price. If, within 10 days you are not delighted with Domino Complexion Clay, simply return what is left of it and your money will be refunded at once.

Mail this coupon now. A postcard will do if you prefer it. Don't miss the special introductory offer. Tomorrow may be too late—do it today! Domino Complexion Clay will be sent to you in a plain sealed package—no marks to indicate contents. Remember, the trial is FREE, if you are not satisfied. Domino House, Dept. 2210, 269 So. 9th St., Philadelphia, Pa.

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The proprietor of Domino House has protected this Bank in the sum of $10,000, so that we may in turn guarantee to the customers of Domino House that this firm will do exactly as they agree.

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A generous sample package will be sent you immediately upon receipt of this Coupon together with 4 cents in stamps to cover postage. Mail it today!

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Makers of Wheatsworth Whole Wheat Flour

FREE SAMPLE 10

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I enclose 4 cents in stamps to pay for postage on Free Sample Package of Wheatsworth Whole Wheat Crackers to be sent me promptly at address here given.

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Physical Culture Health Book Index

WE have made it a point to see that all books going out under our name shall in every way maintain the high standard set by PHYSICAL CULTURE Magazine. Every book in PHYSICAL CULTURE HEALTH LIBRARY was written to fill a particular and well defined need; each is the very finest work procurable upon the subject involved.

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(Write Carefully)

(*Continued from page* 80)

that he could safely say they were cured. "Of course," he declared, "they will continue the same diet for a long time, but they are now out of the hospital. What you have said about acidosis is all true. It is a classic. The proof is now written."

Within a month the entire crew was able to be about except two of the worst cases, one of whom subsequently died.

All these facts have entered into the three experiments referred to at the beginning of this article. White mice and white rats, adults and young ones, have been fed day after day with white bread and whole wheat bread. In every instance the white bread experiments ended in death. The whole wheat bread prolonged life, but the curve of growth, while noteworthy, was subnormal, indicating the necessity of some other nutritional factor in order to make it completely adequate.

A special loaf of bread was designed. Wheat bran and germ were called upon to surrender their solubles. These solubles were reduced to dryness and added to the whole wheat flour. A small addition of calcium lactate was added to this.

In the mixing of the dough milk was used to replace the water commonly used. Hydrogenated fats, now used by most bakers as a shortening, were kept out of the combination. A small quantity of animal fat, unbleached, was used instead. The bread was baked. The astounding results will make history.

Upon this bread, with no other food of any kind, colony after colony of white mice and white rats were fed. The feedings were prolonged. The animals developed magnificently from birth to the adult stage. When they were put to breeding they bred normally in every way. The offspring glowed with health.

The Kronprinz Wilhelm has given us a super-bread. Its acceptance by the public, together with the principles involved in its production, will banish so many miseries from the human family that the very prospect thrills, elates, inspires.

As far as we know, no such bread has hitherto been baked in the history of the world. This first veiled reference to the Great Fact will be followed in due time by the whole truth. For the present, even at the risk of seeming extravagance, the temptation is too strong to resist to launch the prophesy that before another year the entire country will be talking about the loaf now coming like a thing of glory with golden freight toward the stretching arms of children too long underfed.

It's Like Going to the Circus—Only More So

The great Physical Culture Exhibition will present a real circus in the way of exhibitions of feats of strength, athletic competitions and demonstrations of posing by perfectly formed men and women.

A New Idea in Shoes that is 2000 years old

IN the days of old Rome the people wore sandals, designed primarily to support the foot as Nature requires. The sandal afforded a foot-length support, just like going "bare-footed." There is no record of foot weakness or discomfort in those early days.

But Civilization, in its eagerness to secure more stylish apparel, adopted the heel. This marked the end of the natural foot-length support. The foot arch was allowed to sag, subject to a constant strain. Today ninety percent of all women suffer with their feet largely because the arch is not properly supported as Nature planned.

The Arch Preserver Shoe—a new idea in shoes that is 2,000 years old—has revived the sandal comfort and healthfulness. Its concealed, built-in arch bridge gives the foot the same support as when walking "barefooted"—keeps the arch from sagging while the heel is raised from the ground—in the smartest shoes that Fashion knows.

ARCH PRESERVER SHOE
TRADE MARK REG. U.S. PAT. OFFICE

"KEEPS THE FOOT WELL"

This trade mark on every pair of genuine Arch Preserver Shoes

Nature plans that the foot rest on heel, ball and outside *arch*.

Civilization demands that heel and arch be *raised*.

The Arch Preserver Shoe satisfies *both* Nature and Civilization.

Write for booklet 63, "Why the Arch Preserver Shoe Preserves the Foot." If you do not know the name of your dealer, ask us, or call the "Tel-U-Where" Bureau in your community. The Arch Preserver Shoe in boots and low cuts for women and misses is made only by the Selby Shoe Company, 53 Gallia Street, Portsmouth, Ohio.

THE ARCH PRESERVER SHOE

GRIP SURE!

GET the shoe that will give you speed and action with safety. The patented suction cups make you as sure-footed as a mule in slippery places.
Grip Sures are fine for games, hikes, golf and mountain climbing.

Grip Sure Features

1. Patented Suction Cup Soles.
2. Tough resilient rubber.
3. Uppers of long fibre Top Notch Duck.
4. Trimmings and ankle patches of real leather.

Send for a copy of "Hiking, Camping and Sports." Contains valuable suggestions to keep you fit.

BEACON FALLS RUBBER SHOE COMPANY
Dept. B Beacon Falls, Conn.

TOP NOTCH
BEACON FALLS
RUBBER FOOTWEAR

Grip sure. Regular cut. They are also made in athletic cut which laces to the toe caps.

Rational Fashions on Natural Lines

By Andre Dupont

YOU cannot be becomingly clothed unless your frock follows the natural lines of the figure. It can be loose or semi-fitted and still do this, but if it does not conform it will be grotesque. No matter how expensive your costume if it is not suited to your type, if it does not set off your own especial sort of good looks it can never be smart or even rational, because it will be so inappropriate it will never look well.

The new fall and winter fashions are the most sensible we have seen for a long time. The comfortable straight silhouette is still with us, but it is now shaped more carefully to give a natural effect. The long waistline has been raised from two to three inches and before the season is over we are promised that it will be back to normal again. Sleeves are long and wide at the wrist drawn into a cuff or tight fitting the entire length. Skirts are about eight inches from the floor, though some extreme Paris models just escape the ground. Thoughtful women are slow to adopt unhygienic models.

The illustrations on this page are a few of the new styles taken from the fashion department of Beautiful Womanhood. All Macfadden Patterns are 15 cents. Be sure to state number and size of pattern desired. Order from Pattern Department, Macfadden Publications Inc., 119 West 40th St., New York City.

1438—This style is extremely becoming to the well-proportioned woman, the slender woman and especially to the tall woman. The short woman would look best in No. 1507, as that gives the long lines she needs. Cut in sizes 16 years, 36, 38, 40, 42 and 44 inches bust measure. Size 36 requires 2¼ yards 36-inch material, with 1⅜ yards 36-inch contrasting.

1436 — A smart frock with the new jacket effect that can be made of combinations of material or all of the same fabric. Suited to the youthful face and figure of any age. Cut in sizes 36, 38, 40 and 42 inches bust measure. Size 36 requires 3⅛ yards 36-inch material, with ⅝ yard 36-inch contrasting.

1507—A beautiful example of the newest fall fashion ideas. A dress so carefully thought out that it is becoming to nearly all types. To either women of short or average height especially. Cut in sizes 16 years, 36, 38, 40 and 42 inches bust measure. Size 36] requires 3⅞ yards 36-inch material, with 1½ yards 36-inch contrasting.

1264—Here a blue woolen material figured in henna color is combined with sleeves of dark blue satin. Cut in sizes 16 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 2⅞ yards 32-inch figured material, with 1¼ yards 36-inch plain material and 7¾ yards ribbon.

1520—Have you the apron habit? If not, acquire it at once. It will double the lifetime of all your dresses to have an apron protection always at hand to keep your costumes free from spots and stains. Blue-and-white check gingham was used for the apron shown in the illustration. Cut in sizes 34, 36, 38, 40 and 42 inches bust measure. Size 36 requires 2⅞ yds. 36-inch material, with 5½ yards binding.

Children's Fashions

IT is so easy to make children's dresses and you can get such novel and pretty effects in trimming, use such good material and save so much money, that every mother who has kiddies and a little time to spare should try her hand on at least one tiny frock or cape. When she has once used a Macfadden Pattern she will be surprised at the amount of money saved. There is also a satisfaction in seeing youngsters wearing your own handiwork.

1504—This little play dress made of silk, or some soft cotton material, is smart looking, finished with hand embroidery as shown in the illustration. Ages 2, 4, 6, 8. Material required for 4 years, 2⅝ yds. of 36-in. material.

1482—This little school frock shows the new jacket effect that is now so fashionable. It is becoming to all girls from 10 to 18 years. It is pretty made in plain or figured material. Cut in sizes 10, 12, 14, 16 and 18 years. Size 16 requires 3⅛ yards 36-inch matraial, with 1⅛ yards 36-inch contrasting.

1519—An attractive suit for the little shaver who is hard on his clothes. Easy to make and easier to wear. Picturesque too, so mother is satisfied as well as the boy. Heavy cottons pongee, flannel, lightweight serge can be used for this. Cut in sizes 2, 4 and 6 years. Size 4 requires 1 yard 36-inch material for outer garment and ⅞ yard 36-inch material for blouse.

1070 — There is nothing quite so convenient for little girls' wear as a well-cut cape. It can be thrown on in a moment, protects the little frock perfectly, gives the necessary warmth and is serviceable in rain or shine. The cape shown in the illustration is of red serge bound with black silk braid. Cut in sizes 2, 4, 6, 8, 10, 12 and 14 years. Size 8 requires 2⅝ yards 36-inch material, with 6¼ yards binding.

Blame CONSTIPATION for 90% of all diseases

You can permanently rid yourself of constipation by the daily use of a delicious, appetizing cereal—Kellogg's BRAN, cooked and krumbled! Don't neglect such danger signals as bad breath, coated tongue, brain fag, feverish headaches, bad taste! No matter how slight the symptoms, FIGHT CONSTIPATION!

Physical directors indorse Kellogg's Bran, cooked and krumbled, for constipation because it is nature's food and because it relieves constipation permanently. The only caution is to eat Bran regularly and then the severest case can be combated successfully! Eat at least two tablespoonfuls daily; in chronic cases, eat Bran with each meal! Results will astonish you!

You should know that Bran is rich in all elements upon which the body thrives—mineral salts, proteins, fats, carbo-hydrates. Bran does wonderful work for children.

Eat Kellogg's Bran as a cereal or sprinkled over your favorite cereal. Or, use it in countless palate-appealing ways for baking and cooking. Buy Kellogg's Bran from all grocers.

***Kellogg's* BRAN BREAD**

2 cups Kellogg's Bran
1 cup boiling water
1 tablespoon shortening
⅓ cup molasses
1½ teaspoons salt
1 compressed yeast cake soaked in ⅓ cup lukewarm water
4 cups flour

Pour boiling water over Bran. Let stand ½ hour. Add melted shortening, molasses, salt, yeast and flour. Beat well and let rise. Turn into buttered bread pans. Let rise again and bake for one hour.

Kellogg's *Look for this signature W. K. Kellogg*

the original BRAN - *cooked and krumbled*

How I Won Back My Child's Heart

IF YOU are a mother you know what it means when suddenly there creeps into your heart the fear that your child is growing away from you. How terrifying to feel that this chubby little being is reaching out beyond our love! Day by day I felt *my* child grow away from me. I saw little signs I felt would lead to things I dreaded in other children—disobedience, wilfulness, selfishness, disrespect, ill-temper and jealousy. But then a happy moment brought the secret that won back my child's heart. I heard from a friend whose children we admired about the Parents Ass'n, an organization of 30,000 parents. My friend said:

"There is now a scientific method in child training, which really shows you how in your home to correct disobedience, wilfulness, untruthfulness, and other dangerous habits which, if not properly remedied, lead to serious consequences. The new method removes the *cause*—not by punishment or scolding but by confidence and co-operation along lines amazingly easy for any parent instantly to apply. It is also endorsed by leading educators. It covers all ages from cradle to 18 years."

This system, put into an Illustrated Course for busy parents has meant much to me and is producing such remarkable results for thousands of parents all over the world, that I want you to send for the Free Book of the Parents Association, "New Methods in Child Training." It describes this new system and the work of this organization. A letter or a postcard will bring this book to you. Why don't you send for it, without obligation, at once?

PARENTS ASSOCIATION, Dept. 2010 Pleasant Hill, Ohio

Have you a good reputation in your community? Are you honest, sincere, loyal and trustworthy? Have you perseverance, grit and determination? Do you believe in yourself and your ability to make good?

If You Can Measure Up

I Will Show You How to Earn $5000 a Year

Here is the story in a nutshell! Taylor-Wells & Co., one of America's largest *woolen mills*, is now manufacturing all-wool products from their *own woolens*. These *all-wool* products are to be sold direct to the wearer through woolen mills representatives in exclusive territory. No manufacturers' profits, no store rents, no middlemen's profits,—but right "from the mills to the millions"—which means splendid merchandise at prices so low as to be astonishing.

Few Will Be Chosen—Act Now!

To the representatives a brilliant opportunity is afforded. That is why I want the best men I can possibly get. You need have no selling experience—but you must have the qualification outlined above. Such a man can easily earn $5000 to $7000 a year. We will gladly send you full details if you will write NOW!

TAYLOR-WELLS & CO.
"From the Mills to the Millions"
Dept. 3710, 2740 N. Paulina St., Chicago, Ill.

The Inside Story of Suzanne Lenglen

(*Continued from page 37*)

way up pluckily to the final of the singles and so earned the right to challenge Suzanne. In the course of the tournament some curt words had passed between challenger and defender. On the eve of their encounter Tilden poured a can of oil into the fire.

"Molla will beat you," he said when passing by Mademoiselle Lenglen.

"I'll beat her 6—0, 6—0," she snapped back.

The French girl did not play up to her boast, however, and her victory over Mrs. Mallory was only a 6—2, 6—3 one, after a very hard-fought match.

From France the American champion went to England. She hoped to meet at Wimbledon her short-skirted conqueror and get even with her. But, as in the year 1920, she failed to reach the final stage. She was beaten in the semi-finals by Miss Elizabeth Ryan, of California, the score being 0—6, 6—3, 6—4.

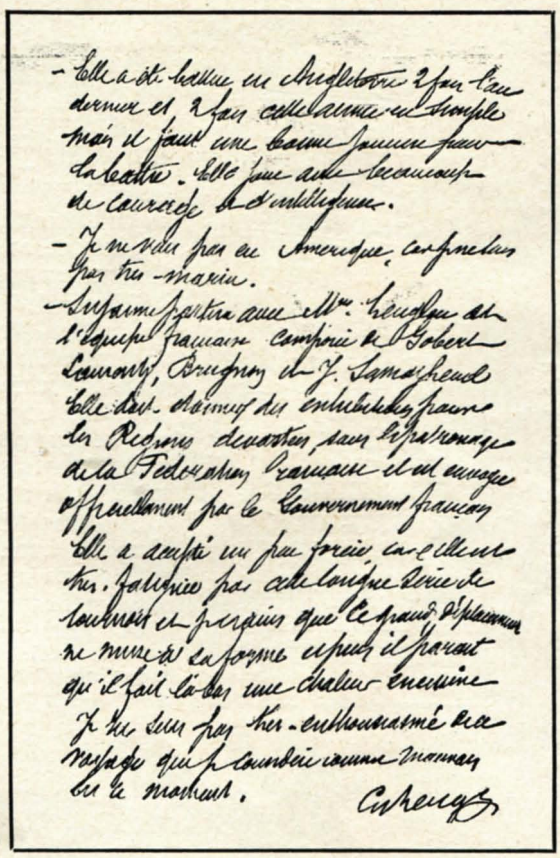
Mrs. Mallory came back to the United States undaunted by her defeats and decided to prevent, at all costs, her French rival from taking away the only crown she had not yet wrested: the crown of the champion of America. She worked hard and patiently, going from tournament to tournament, beating champion after champion. And when Mademoiselle Lenglen came, hailed as a queen visiting her oversea subjects, she was ready for the fight of her life.

The fateful clash took place three days after the landing of the "Unbeatable." Within half an hour the seven thousand sportsmen, compressed around the central courts of Forrest Hills, saw Suzanne no longer a super-champion but a little girl sobbing instead of playing. Molla had accomplished the miracle.

Following her dramatic collapse, for three weeks sporting America wondered what was the matter with the French champion. Nobody could explain so long, so complete an eclipse after a setback. Her abrupt cancellations of matches, caused by sudden recurrences of an always vaguely termed "illness," had come to many as painful surprises; by some they had even been taken as the pranks of a spoiled girl, if not as a sporting comedy. It was not a comedy—it was a tragedy.

Suzanne, who had broken her nerves while playing against Molla, was trying desperately to pull herself together. There was no obvious sign at first that such an accident had happened and, for a while, her *entourage* was completely baffled by the nature of her trouble. It was thought to be a remnant of bronchitis, for which she received due but useless treatment. Later on the process of acclimation was cited as the cause of her persistent physical weakness and an invigorating diet was resorted to.

It was not until a fortnight had elapsed that the truth about her condition was found out and a definite line of action taken by a small council of inner friends. They all knew Suzanne's reactions to stiff games; they were well aware that she is not of the weeping sort, that not even the bursting open of a "pride's boil" would make her cry. Her tears must have had another reason. Her unwillingness to resume playing must also be attributed to something else than fear.



Fac-simile of M. Ch. Lenglen's signature and the part of his letter (dated June 27, 1921) quoted in this exposition of the cause of Suzanne Lenglen's seemingly temperamental tactics on the tennis courts.

There she was, seated in the sunny tea garden of Forrest Hills Inn, a restless, despondent, aimless girl, an over-quick talker—with that jerky volubility of persons whose nerves have gone out of bounds and who psychoanalyze themselves to the bitter end. Her conversation was a mixture of narratives, an unceasing blending of her lost match, her feverish nights, her decision not to leave America without having avenged her defeat, her incredible weakness, her match again—

"You see, these fits of coughing took me by the throat; they choked me. I had to stop. I could not breathe any more," she commented with abrupt jumps in her voice.

"Well, Suzanne," interposed her mother soothingly, "what's done is done. You will beat Mrs. Mallory next time."

For over one hour the whole party struggled to grasp other topics. It was in vain. Every sentence seemed to have a hook upon which poor Suzanne hung some of her worries. It was a clear case of nervous breakdown. It was made the clearer when Madame Lenglen asked the question:

"Do you feel like playing, today?"

"I don't know," her daughter replied. "Maybe. I'll see. I feel so weak."

It was the usual conflict of bad nerves against a still strong will. In the end she decided she would try to play. So, a little after five o'clock, she had her first practice game. And what a heart-rending sight it was for her friends! She struck the ball with all her dwindled might, only to see it stumble with difficulty over the net or bump right into it. She let balls whiz past her, balls she would have stopped easily had she been able to rush about the court. After a tame set she sat down on the grass and rested. Then she walked up to her friends.

"*Je n'ai pas de jambes*" (I have no legs), she said to depict her unsteadiness.

"Come, come," cheerfully rejoined one of the party, "we know all about it."

"I strike the ball as hard as I can and it won't move," she complained.

"All right," decided Captain de Joannis, the champion's manager, "you won't play until you feel fit."

She was not yet fit on packing day. Indeed she had gone from bad to worse. Into her trunks she piled up rackets, sweaters.....and medical prescriptions instead of laurels. Her baggage was also the heavier by a bundle of newspaper clippings, among which were two articles written by William Tilden, 2nd. These read in part:

"Marvelous Molla! There is no other way of referring to the greatest match player in the entire world of women's tennis ..... Her magnificent victory over Suzanne Lenglen..... stands as the greatest single achievement of a woman player during all tennis time..... It is my belief that Mrs. Mallory is the greatest tennis player among women of all time. . . . Long live Queen Molla of the courts! . . . Molla now reigns su-

preme. No one disputes her position as the greatest, gamest and best woman player of the world."

So much incense burnt in homage to her triumphant enemy! For the two articles written by Molla's sponsor Suzanne swore she would take the most humiliating, smashing, killing vengeance against Mrs. Mallory when they would meet again.

What had brought about Suzanne Lenglen's nervous collapse and the heart trouble from which she will never fully recover? One word will be enough to tell the whole story: *overtraining.*

Prior to her coming to the United States, for instance, she had been playing for seven months without any respite. Starting in December 1920 she had gone through all the open tournaments which take place, from week to week, in the fashionable resorts of the south of France. In every tournament she had competed in singles, doubles and mixed doubles. From there she had moved to Saint Cloud to pick up three championships of the world on hard courts. Last but not least, she had gone to Wimbledon to defend her All-England titles in singles and doubles.

But while in England she was already feeling the strain of so strenuous a campaign. The only person who knows all about her, Monsieur Lenglen, her father and sporting adviser, thus expressed his fears in a letter to a friend now living in New York, after giving his opinion as to the class of the American woman champion.

". . . She (Mrs. Mallory) has been defeated twice in England, last year, and twice this year in singles. But it requires a very good player to beat her. She plays with great courage and intelligence.

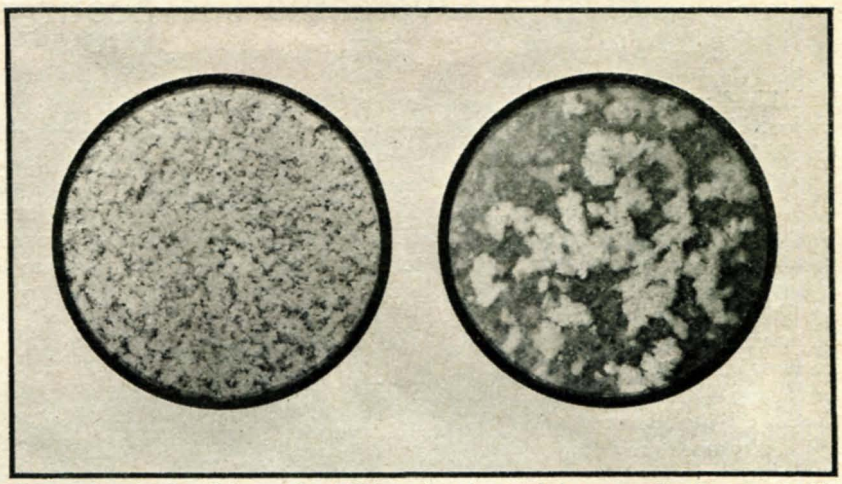
"Suzanne will make the journey with Madame Lenglen and the French team consisting of Gobert, Laurenz, Brugnon and J. Samazheuil. She is to appear in exhibition matches in aid of the Devastated Regions, under the patronage of the French Federation of Tennis. She is officially sent by the French Government.

"She has accepted it to some extent against her wish, for she is very tired after such a long series of tournaments. I am afraid that this long journey will have an ill effect on her condition—and it is said the heat is excessive over there. I am far from enthusiastic about this trip which I consider as bad for her at the present time."

Suzanne Lenglen was not ill before her match against Mrs. Mallory. But her nerves were on the breaking point and the persevering, unflinching attack of the American champion did the rest.

After nine months of medical and physical preparation the French girl has staged a most spectacular, most unexpected come-back.

Once more writers call Mademoiselle Lenglen super-champion. She has been that. She is that no more, for she has found her master in her unruly nerves.



Comparing the fine flaky curds of Klim with the tough heavy curds of natural milk.

Have you ever used NATURE'S FINEST FOOD in its most convenient form?

EVERY day, physical culturists are discovering more about the wonderful results from the use of plenty of good milk. It is a perfect food, for it contains every food element—protein, carbohydrate, fats—mixed in proper proportion.

But the stomach, after it has been abused for years, sometimes refuses even milk. The butterfat globules may prove indigestible or heavy curds may form in the stomach.

In Klim liquid milk, the butterfat globules are finely sub-divided. Since they are very small in comparison with the butterfat globules in fresh milk, they are much easier to digest. Even invalids and babies can digest the butterfat content of Klim milk.

The simple process by which Klim is made, which breaks up the butterfat, also breaks up the curd or casein into soft flakes. Many people who think they cannot drink milk can digest Klim perfectly.

But this process by which Klim is made, while it breaks up the milk solids into finer, more digestible particles, does not change them either chemically or in proportion.

For Klim is milk—fresh from the cow—pasteurized and standardized in butterfat content. It is forced through infinitesimal holes and comes out in a fine mist into a current of warm air. This air takes the water out of the milk. The solids fall—a white, soft powder which is sealed and delivered to you.

When you mix Klim with water, you have rich, pure cow's milk—not twenty-four hours old. You can have as much as you please, whenever you please. Because Klim is not cooked there has been no chemical change. All three vitamines are active, the enzymes are not destroyed, all the elements are in their original state.

For Klim milk is cow's milk, in its most convenient form.

Spell it backwards

KLIM

FRESH MILK—POWDERED

MERRELL-SOULE SALES CORP.
Syracuse, N. Y.

Send $1 for trial package

MERRELL-SOULE SALES CORP., Syracuse, N. Y.

Enclosed please find money order for $1, for which please send me:

1 lb. package Klim Whole Milk
1 lb. package Klim Skimmed Milk
1 measuring spoon.

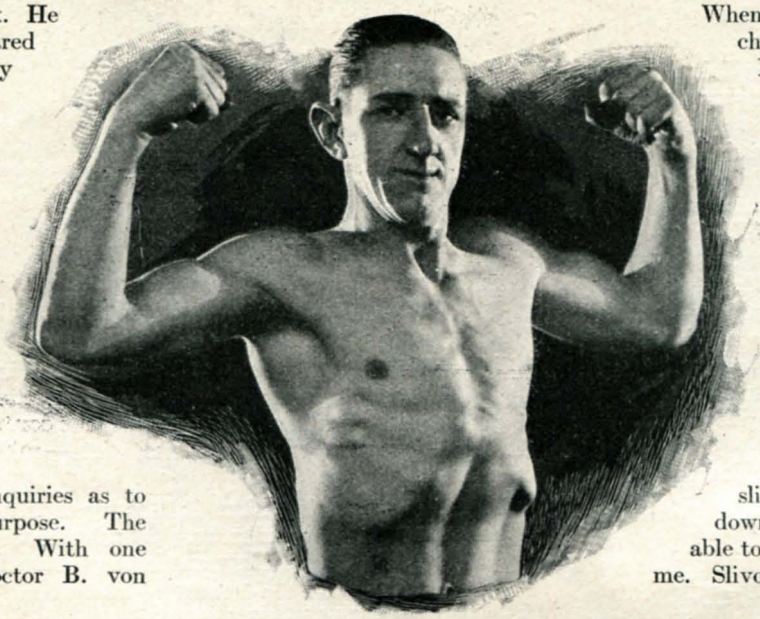
Name.....

Address.....

How I Overcame the Scourge of Nations

(*Continued from page 59*)

and would bleed profusely at the slightest provocation. With every movement of my jaws I felt as though I were biting a bed of nettles. Each bone in my body was on strike and offering both active and passive resistance to every effort at locomotion. The pain was unbearable. Just before a rain or storm when the mercury in my body asserted itself I envied the man on the rack. He had an easy time compared with the agony I constantly endured. To cap the climax of my misfortunes my eyes began to bulge out like the optics of a cod-fish. They lost their focus and I suffered tortures in consequence. The movies, hitherto my favorite pastime, were nothing but a blur, colors lost their significance, I could not read or write and people passing to and fro on the street were merely smudges.



In Hamburg I made inquiries as to the best doctor for my purpose. The answers were unanimous. With one voice they acclaimed Doctor B. von Phipps of David Strasse, head of the government hospital. He charged me two thousand marks for a blood test and a spinal puncture.

The Middle Ages were prolific in the invention of new modes of torture, but never, in all the history of cruelty and suffering was anything ever devised that could equal the excruciating agony of a spinal puncture. The modus operandi is as follows:

A hollow needle is inserted in the spine, and the spinal fluid, a milky fluid, flows out. Sounds simple, doesn't it? But the tortures of the damned have no terrors for me now. I've been through them all! At the first insertion a fire rushes through your system, beating, burning, blasting, searing and cauterizing every delicate, sensitive nerve in your body. Giant hands grasp your lungs shutting off the supply of oxygen upon which your life depends. Tiny motes dance before your eyes that are striving to leap from their sockets. There is a hell-dance going on in your ears, a dance that threatens to break your ear-drums. Your heart still beats—somewhere—a million miles away, but every thump, faint as it, is serves to awaken legions of devils who beat upon your brain with picks, tongs, chisels, hatchets, axes, sledgehammers and pile-drivers. You vibrate in agony and every vibration increases the tension. You want to call for mercy, plead for release or pray frenziedly for death, but your paralyzed lips refuse to perform your bidding and all you can do is to suffer.

Von Phipps confirmed what I already knew—that I had syphilis. He agreed to treat me and sent me to a hospital on Elbe Strasse with which he was connected. There I took twelve shots of salvarsan and the same amount of mercury. By the time I had done this I felt a first cousin to every drug store I passed. I was in this hospital five months but was cheered by the thought that I was, at last, being cured. I had faith in him, for so many had told me that if any man on earth could cure me that man was Doctor von Phipps.

I returned for a final examination a month after leaving the hospital. I was so hopeful and joyous that I caught myself humming a popular song as I entered. When I was told that there was no change, despite all the treatments I had received, the agony I had undergone, I still registered four plus, everything went black before my eyes and I cursed the hour of my birth.

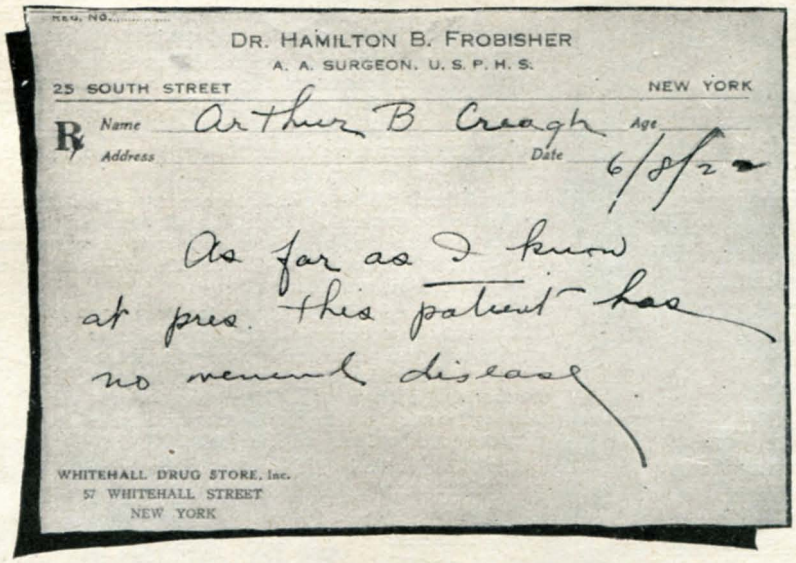
Then the reaction came. As long as the hope of a cure was before me I had lived a life that Volstead might have envied but that night I went on an orgy that would have been an eye-opener to a bargee or a Lascar sailor. Scotch whiskey, Dutch beer, Holland gin, Russian vodka and Balkan slivovitz chased one another down my gullet and yet were unable to allay the thirst that consumed me. Slivovitz has been declared to be one part vitriol and nine parts hell fire, but it never phased me. I wanted to forget but the more I drank the more clear-cut became the awful fate I saw before me. Like Banquo's ghost it would not down.

Returning to New York I went to the Polyclinic hospital on Fiftieth street. More spinal and Wassermann tests. More intense suffering. This time the spinal was negative. The cell count was correct and the blood was reduced to two plus. After I had been in the hospital five days I was discharged. They claimed that they had done all they could for me.

Black despair filled me. I was suffering more than I had ever done. In addition two large lumps about the size of a Plymouth rock egg appeared on either groin. They were not painful in themselves. but their presence and constant growth filled me with direst forebodings.

Fearing my parents would discover my real malady I determined to get as far away from them as possible before they

(*Continued on page 90*)



REG. NO.

DR. HAMILTON B. FROBISHER
A. A. SURGEON, U. S. P. H. S.
25 SOUTH STREET NEW YORK

℞ Name Arthur B Creagh Age
Address Date 6/8/22

As far as I know at pres. this patient has no venereal disease

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NEW YORK

So far as the best medical examination and all evidence in the case is concerned, Mr. Creagh is now entirely clear of any form of blood disease. It was accomplished entirely through the purifying of the blood stream through eliminative and vitality-building natural or drugless treatment.

Which of these two men has learned the secret of 15 minutes a day?

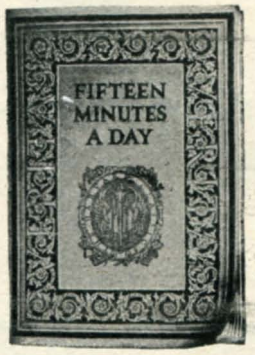
The secret is contained in the free book offered below. Until you have read it you have no idea how much 15 minutes a day can mean in growth and success. Send for your copy now

HERE are two men, equally good-looking; equally well-dressed. You see such men at every social gathering. One of them can talk of nothing beyond the mere day's news. The other brings to every subject a wealth of side light and illustration that makes him listened to eagerly.

He talks like a man who has traveled widely, though his only travels are a business man's trips. He knows something of history and biography, of the work of great scientists, and the writings of philosophers, poets, and dramatists.

Yet he is busy, as all men are, in the affairs of every day. How has he found time to acquire so rich a mental background? When there is such a multitude of books to read, how can any man be well-read?

The answer to this man's success—and to the success of thousands of men and women like him—is contained in a free book that you may have for the asking. In it is told the story of Dr. Eliot's great discovery, which, as one man expressed it, "does for reading what the invention of the telegraph did for communication." From his lifetime of reading, study, and teaching, forty years of it as President of Harvard University, Dr. Eliot tells just what few books he chose for the most famous library in the world; why he chose them, and how he has arranged them with notes and reading courses so that any man can get from them the essentials of a liberal education in even fifteen minutes a day.



The booklet gives the plan, scope, and purpose of

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Every well-informed man and woman should at least know something about this famous library.

The free book tells about it—how Dr. Eliot has put into his Five-Foot Shelf "the essentials of a liberal education," how he has so arranged it that even "fifteen minutes a day" are enough, how in pleasant moments of spare time, by using the reading courses Dr. Eliot has provided for you, you can get the knowledge of literature and life, the culture, the broad viewpoint that every university strives to give.

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Every reader of PHYSICAL CULTURE is invited to have a copy of this handsome and entertaining little book. It is free, will be sent by mail, and involves no obligation of any sort. Merely clip the coupon and mail it to-day.

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Ideal health and beauty cannot be attained by hit-or-miss methods. Good health brings real beauty, and good health is determined largely by your weight. Your doctor will tell you this. A daily check on your weight marks your progress to ideal health and beauty. Good health, good looks and a good figure are your birthright. Know exactly the progress you are making; guessing is dangerous. Weigh yourself daily without clothes—it is the only safe way. The

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will gauge your health correctly and conveniently. Just step on and read the easy-to-see dial. Your health, your figure, your exercise and your diet are all important questions to you. The Health-O-Meter will give you the correct answers to them all. "Watch your weight" and you watch your health. The Health-O-Meter will prove the best guide-post you ever had. Thousands are in successful daily use. The Health-O-Meter is

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Every member of the family can and should use the Health-O-Meter every day. First thing in the morning or last thing at night the Health-O-Meter should be asked for its answer to the weight question. Its instant accurate response will guide you or keep you on the path to better health and greater beauty. The Health-O-Meter makes a beautiful addition to any bathroom; it is neat, sturdy, compact and inviting.

Try It At Our Expense

Without obligation on your part we are willing to let you see, try and examine a Health-O-Meter in your own home at our expense. We are confident that you will, like thousands of others, be delighted with it. The coupon brings you the full details of our Special 10-Day Trial Offer. You have everything to gain—we take all the risk. Simply mail the coupon—we will do the rest. Address

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.....

(*Continued from page* 88)

discovered the truth. With this object in view I shipped as messboy on board the Eastern Queen from New York, to Pago Pago, Samoa. On the voyage the disease made slow but steady progression.

In Pago Pago I went to the doctor at Naval headquarters and asked if these lumps were bubos and was told that they were not. Physicians there strongly recommended more salvarsan but I peremptorily refused. I had been doped and dosed with that stuff all I intended to be. I saw nothing before me but death in such a slow, painful and loathsome form that even the heart of a leper might soften in pity at my awful plight.

I had left the ship and was working in Pago Pago, helping to erect a huge oil tank. It was hard labor and in my weakened condition I found it exhausting. But I had to keep going. That job, hard as it was, was all that stood between me and starvation.

Now comes the part of my experiences that reads like a fairy tale. I was in the Sailor Boys' hut, a sort of rough club room containing a few pool tables, writing tables, and a movie that ran a couple of times a week. Among a few old books and old periodicals there, donated by different ships making port, was a copy of PHYSICAL CULTURE. I was trying to "kill time" until evening when movies would be shown. Idly I thumbed the magazine and started reading. Suddenly I sat bolt upright and a thrill ran through me. I read through an editorial headed "A Cure for Syphilis," my pulse beating wildly and keeping time with each word of hope and cheer that raced to my brain. I was another Robinson Crusoe discovering footprints in the sand after years of isolation from hope and all that men hold dear. Hurriedly I turned to the article mentioned and read of the wonderful cure of Joseph Thomas by a fast followed by the milk diet, and hope again sprang to life. I lost no time in following the suggestions which were simplicity itself.

When my friends learned of my decision they strove to change my mind. They looked at me as though I had announced my intention of committing suicide. One man urged me to give up such a foolish notion and take more salvarsan instead.

"Heavens, man!" I exclaimed, "I have enough in me now to float a battleship."

At once I went on a two weeks' fast. After the fast I started drinking two glasses of milk a day, later increased to four quarts daily plus plenty of oranges, which can be picked up everywhere in Samoa. This I kept up steadily for nine months.

In addition to the milk and oranges I drank great quantities of cocoanut milk, as the water in green cocoanuts is called.

Slowly, almost imperceptibly, my aches and pains left me. I became more cheerful than I had been for years. I be-

(*Continued on page* 92)

How to Make Money at Home in Spare Time!

Every Wife or Self-Supporting Girl Can Use Extra Money for Clothes. Why Not Make it Yourself—Right at Home, This New Way?

IS THE more-money problem worrying you? Does it seem as if the rent comes due oftener, that the children's clothes wear out quicker, the family bills pile up higher than before?

Does it seem as if the dollars simply will not stretch to meet the bills and still get the things you need and want?

Think what it would mean, then, to be able to earn at home the extra amounts you need for the little luxuries you desire. Think of having always at hand a means of turning your spare hours into money!

If you are ambitious, if you want more money, if you have some spare time each week, plus the will-to-work and a degree of adaptability, you CAN turn your spare hours into dollars by knitting Olde Tyme All-Wool Socks at home on the Auto Knitter.

Miss Eunice A. Fox, a New Hampshire woman who is the only support of her aged father, was becoming really alarmed about her financial affairs. Then an Auto Knitter advertisement showed her the way to make extra money without giving up her little Gift Shop business. Nearly five years ago she secured a machine, learned to use it and soon began to clear up the burdensome debts that had accumulated. She has used her Auto Knitter earnings to put electricity and new plumbing in her house and to paint and paper it; to pay a large doctor's bill; to buy rugs; and to purchase necessary clothing for her father and herself. All with money earned in the privacy of her home, in spare time.

Mrs. Banghman, a Kansas housewife, wanted to make extra dollars for some of the labor-saving home conveniences she had long wanted. When she heard of Auto Knitting she felt sure she had found the right way—and so it proved. After working with the machine about a year, Mrs. Banghman has realized many of her desires, among them a kitchen cabinet costing $60, an electric vacuum cleaner and a sewing machine motor. Her spare time work with the Auto Knitter paid for all of these, and in addition has brought her several hundred dollars in cash.

Five years ago Mr. W. M. Irving, of Missouri, was having a hard time making both ends meet. Then he found out about the spare time money he could make with an Auto Knitter. He secured a machine and has used it regularly ever since to add to his income. Auto Knitting has enabled him to give his family many comforts and conveniences—such as a set of library furniture, a typewriter, clothing and shoes. He has also used his earnings to make payments on the home where he now lives, and to build a satisfying bank account.

These are but a few of the many people who are turning spare hours into cash with the Auto Knitter. Many workers whom we prefer to class as exceptional, report much larger earnings than those we mention. The earnings vary with the amount of time devoted to the work and the speed of the individual operator, but whether the amount be large or small, it is most welcome, and helps to make the lives of these workers easier and happier.

Guaranteed Price for Standard Products

You are given a five year contract, guaranteeing you a market for every pair of standard Olde Tyme Socks you produce, and fixing a definite price which you will be paid for your work, in addition to which you will be furnished with yarn to replace, pound for pound, that which you send us in the form of socks.

You can work as much as you please or as little as you please—and the standard product you complete can be disposed of promptly and profitably to the company. You are not compelled or obligated in any way to send any part or all of your work to the company unless you wish. You can make socks and sell them to your friends, neighbors and local trade. But if you prefer not to canvass or do any selling, then it is always your privilege to send your standard socks to us and receive our fixed rate of payment, together with replacement yarn.

More Than $100,000.00 a Year Being Paid to Workers

To workers who are taking advantage of the Work Contract, we are now paying earnings at the rate of more than $100,000.00 per year. In addition to this, we are shipping workers more than $625,000 worth of fine Olde Tyme Wool Yarn.

From these workers, we are receiving Olde Tyme Wool Socks at the rate of more than a million pairs per year. This does not include, the large number made by workers and sold to their own trade. This immense number of pairs are received at the factory where they are sorted and shipped to more than 9,000 dealers in all parts of the country, including department stores, men's furnishers and general stores.

Yet out of this large number of socks received, from novices as well as experts, from new workers as well as old, less than 5% have to be laid aside and returned as being below the standard set for Olde Tyme All Wool Socks.

Positive Proof of Success

The large volume of socks received shows that Auto Knitting is not an exclusive accomplishment, confined to the abilities of the few, but a profitable home occupation that can be successfully entered by the average individual.

Do You Want a Share of This Money?

Would you like to receive checks in your mail, paying you for spare time effort at home? Would you like to have a portion of this money that is being paid to Auto Knitter Workers? Would you like to be one of the successful Auto-Knitter owners who have banished their more-money worries and who have always at hand a means of turning their spare moments into money?

Send for Fact-Stories and Full Information

If you have the slightest desire to earn more money—if you want to turn your spare hours into cash, then send the attached coupon today for full details of our offer, with stories of success telling what others have done and how you can get into the work.

Don't delay. Send the coupon today. Get the facts. Then decide for yourself. You do not want to postpone the day when you can have extra money—so don't postpone sending the coupon. Make up your mind to let your own spare hours solve your money worries. Get the coupon in the mail this very day.

THE AUTO KNITTER HOSIERY CO., Inc.

Dept. 5610

630-638 Genesee St. Buffalo, N. Y.

THE AUTO KNITTER HOSIERY CO., Inc.

Dept. 5610, 630-638 Genesee St., Buffalo, N. Y.

Send me full particulars about making money at home with the Auto Knitter. I enclose 2 cents postage to cover cost of mailing, etc. It is understood that this does not obligate me in any way.

Name.....

Address.....

City..... State.....

P. C. 10-22

Is *your* Life worth $1.?

Many Thousands Die Every Year Because of Neglected Colds

In 1920, the last year for which complete statistics are available, deaths from certain preventable diseases in the United States reached these appalling figures:—

Deaths from bronchitis	11,609
Deaths from pneumonia	120,108
Deaths from respiratory diseases (exclusive of pneumonia and bronchitis)	10,120
Deaths from tuberculosis	99,916
Deaths from influenza	62,097
Total	303,850

Thousands of these deaths could have been prevented; thousands of these precious lives could have been saved, if it were not for the common habit of neglecting a cold. Yet very likely you say, "Oh, it's only a cold," and take the same risk yourself!

Don't Take Risks. Here Is a Sure Relief

Colds, catarrh, hay fever and similar troubles are due to infection—to germs in the air passages which must be destroyed before any permanent relief can be secured. Dr. Tyrrell's Antiseptic Inhaler carries through the infected passages a quick, pleasant, positive destroyer of these dangerous germs.

The tiny rubber inhaler shown below is easily inserted in your nostrils. Then all you have to do is to breathe naturally, and the soothing, healing, pine-laden air, drawn through a medicated cartridge at the open end of the inhaler, gives such quick, complete, relief as to seem almost miraculous.

You can sleep with comfort with the inhaler in place — absolutely sleep away your cold, hay fever, catarrh or asthma!

You can see for yourself that this is the only sensible, scientific treatment for a cold, or other infection of the air passages. Medicines taken into your stomach cannot by any possibility be so effective as a destroyer of germs which is breathed directly into and through every infected passage even into the lungs themselves.

Dr. Tyrrell's Antiseptic Inhaler is a new discovery—different from anything you have ever used — thoroughly scientific and wonderfully effective.

What Some of the Users Say!

"Please sned two bottles of Antiseptic Inhalent as soon as possible, as by accident one bottle that I got some time ago was tipped over and I don't like to be without it. We have two children that are subject to asthma and bronchial trouble. Have had them use the Inhaler frequently and they get immediate relief. Also consider it a great help in breaking up a cold." *Mr. Hugh A. Frey, Box 304, Linesville, Pa.*

"Please send me one dollar's worth of Tyrrell's Antiseptic Inhalent to use with my inhaler. I find it good as a preventive of asthma. Please send immediately." *Mrs. Nancy D. Hollister, Tionesta, Pa.*

"You can use my name in giving testimonial to the Inhaler for Catarrh if it will be of any good. It is a fine thing for Catarrh or a bad cold. I was troubled with Catarrh deafness every winter, but since I have begun to use the Inhaler can hear as well as any one." *Jack Morris, Paint Rock, Texas.*

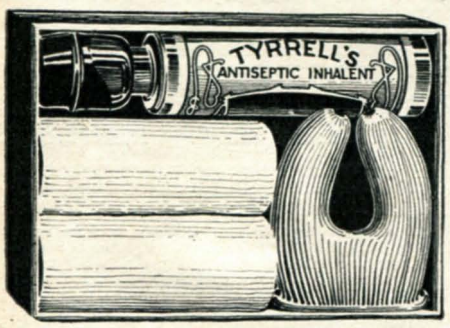
Positive Guarantee

So positive are the results which the Antiseptic Inhaler produces, so unfailing has it proved in the treatment of thousands of cases, that it is sold under an absolute money-back guarantee. It costs you only $1 and the package contains enough for at least 50 treatments. You will enjoy using it—its piney fragrance and the soothing effect it produces make it most agreeable, even to little children.

Send for Dr. Tyrrell's Antiseptic Inhaler today if you suffer from catarrh, hay fever or asthma—send for it as a *protection* against the colds which are so common and so dangerous in the fall of the year.

Complete Treatment Only $1

Simply send the coupon and $1.00 and we will forward both the rubber inhaler and the package of healing medicament. Use it 5 days according to directions, and if you are not satisfied in every way with the improvement it brings, send it back and the purchase price will be returned at once.



For your health's sake, order at once—don't delay

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Enclosed find $1 for Dr. Tyrrell's Antiseptic Inhaler.

Name.....

Street.....

City.....

Tyrrell's Antiseptic Inhaler

(*Continued from page* 90)

gan to really walk instead of merely shambling along. I was feeling my way toward health.

All the time I was undergoing this regimen of milk and oranges I was doing my usual work—labor of the hardest and most exacting kind. I was handling huge plates of sheet-iron, which were eight feet long, four feet wide, half an inch thick and weighed eighty pounds each.

Every one was astounded at the change in my appearance. The large egg-sized growths had disappeared. The old stoop had gone from my shoulders and the pain from my body. My nerves were no longer ravenous animals but dutiful servants. My eyes were keen and bright and the days were full of laughter and good cheer. In short I was a new man, and fasting and milk had made me so.

After I had been in Samoa nine months I felt that I could face the world without fear. I returned home. That my parents were delighted to see me goes without saying. After a short visit with them I began to want a confirmation of my cure from an expert. I knew I was cured, but I wanted that cure verified. Again I went to Germany.

I had heard much of the skill of Doctor J. S. Brunhilde, Victoria Strasse, near Unter Den Linden, and determined to get his professional opinion. I was in such a hurry to have the matter attended to that I flew in a passenger aeroplane from Hamburg to Berlin, 300 miles, at a cost of three hundred marks. Flying, however, was not a new experience for me as I had served with the flying corps of both Britain and the United States during the war. Dr. Brunhilde put me through the most rigorous tests known to medical science, through all of which I emerged triumphantly, to my great joy and relief. I was in Germany three months and the trip cost me a thousand dollars, but I did not begrudge a cent of it. I was not only cured but I had official confirmation of the fact.

The irony of it was that I had to travel all over the world, and spend a small fortune for the knowledge of a cure that was as simple as the feeding of a litter of kittens—just milk, with no food whatever in time of sickness—just as simple as that.

How Much Money Do You Spend On Clothes?

CONSIDERING the part of your income that you spend on clothes, ornamental and useful, it must be a rather important subject. An analysis of the reasons why we dress, in relation to health and bodily ornamentation will interest you—particularly the article in PHYSICAL CULTURE next month—"Clothes—Why Do We Wear Them?"

Some Secrets About Voice Culture

Scientific Exercises That Make Vocal Athletes of Us All

By Wilfred Weston

The late Caruso was a vocal athlete. His Hyo-Glossus muscle was superbly developed. To some extent this was inherent—but the great Italian tenor had to work many years to develop that natural gift before he became the greatest singer of his time.

All great singers and speakers are vocal athletes to some extent. The singers whose voices are exquisite melodies, the speakers whose tones move us to great emotion—all possess highly developed vocal organs. They have this power because their Hyo-Glossus muscles—and every other part of their vocal mechanisms—function perfectly.

The late Enrico Caruso, Italian tenor, who is believed to have had the greatest voice of our time. Scientists claim that the secret of his marvelous voice was the superb development of his Hyo-Glossus muscle. Below is a diagram of the complete vocal mechanism showing the Hyo-Glossus. In construction, your vocal organ is exactly like Caruso's. You, too, have a Hyo-Glossus muscle. Develop it. A good voice will be made better—a lost voice restored—stammering and stuttering overcome. Science will help you.

Your throat is exactly like theirs in construction. Where theirs is strong, yours is weak. That is the only difference. Develop your Hyo-Glossus and your voice becomes rich, pure and beautiful. Neglect it and that important muscle remains weak and undeveloped, and if you continue to sing or use your voice very much for speaking, the other muscles are strained and injured. In many cases, the voice is "lost."

If the muscles in your arm were weak, you would not attempt to strengthen them by lifting heavy weights. No, you would first strengthen them by exercises, that gradually became more strenuous as the muscle power increased. Whether it is throat muscles or arm muscles, the principle is the same. And yet many voice teachers advocate singing as a method of voice development. They are disregarding the fundamental truth of scientific voice control—that a good voice is the result, not the cause of a healthy vocal organ.

The logical way to develop the vocal organ is by simple exercises that teach control of the important muscles, and then develop those muscles until they are strong and healthy, and the voice is perfect. Even today, only a few teachers are using this scientific system. Most of them are in Europe and their training is so costly that the average ambitious student cannot attempt to study with them.

But in Chicago, there is a man whose father and grandfather before him, pioneered in the study of "vocal physiology." They are the men who discovered this fundamental theory of voice culture. This Chicago man, the third of a family of famous voice teachers, will train *your voice* by this scientific system. He is Eugene Feuchtinger, A. M.

Professor Feuchtinger has given to the world the results of his forefather's genius. Training that was formerly available to only a few concert and grand opera stars of Europe is open now to every ambitious man and woman. Professor Feuchtinger's great contribution to music is his adoption of this system to home study. By his method a student may develop the voice right at home, and at a mere fraction of the cost of studio lessons.

Professor Feuchtinger's method is not a theory. It is solid, proven fact. Thousands of successful students in Europe and America give Professor Feuchtinger credit for their success. Great international opera singers are among his graduates—and speakers, famous the world over.

Professor Feuchtinger's system will develop any voice—it will cure vocal defects. You learn to control and develop the Hyo-Glossus by silent exercises. No one need know that you are studying. And in just a short time, you can surprise your friends by singing or reciting or addressing them in a wonderful, clear, rich voice. It seems like magic that such simple, delightful little exercises should bring about such a wonderful change. You watch yourself improve. You *hear* and *see* and *feel* the change. And then when you have completed your Course, if you are not satisfied that you have made 100% improvement (in your own opinion) your money will be refunded. You take no chances.

Most people do not know the possibilities of their own voices. You may be a potentially fine singer, but your voice is not rich or beautiful now because your Hyo-Glossus is undeveloped. You may have great thoughts, but cannot impress people because your voice is not strong or powerful. But you can improve your voice. You can sing or speak as you have always wanted to, if you train your voice by this scientific system. Let Professor Feuchtinger teach you just as he has taught hundreds of ambitious men and women.

Write to him today for his scientific booklet, "Enter Your World." It costs you nothing. There is no obligation. Address Perfect Voice Institute, 1922 Sunnyside Ave., Dept. 9727, Chicago.

PERFECT VOICE INSTITUTE

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Dear Prof. Feuchtinger: Will you please send me a copy of your new book "Enter Your World"? I understand that this is free and that there is no obligation on my part. I am interested in

☐ Singing ☐ Speaking ☐ Stammering ☐ Weak Voice.

Name.....

Address.....

.....

Not By Bread Alone

(*Continued from page* 31)

bread, was to get a wide variety and a diet that would approximately represent a mixed human diet, and which would supply, so far as our knowledge goes, all dietetic essentials in which we may suspect the bread to be lacking. There is no question but that bread of almost any sort is a good source of starch, and starch forms the bulkiest element of most any diet. To what extent bread may be relied upon for other than starch elements is really the point at issue. Therefore the supplemental foods selected are practically free from starch and rich in all other elements required in a complete diet.

We may further consider that in these diets the bread represents not only the bread in the human bill-of-fare, but also all flour or grain containing foods, and also potatoes and other starch bearers. The meat used is a minor element in this formula, as I showed in last month's experiment that meat is not a good supplemental food for a deficient grain diet.

Furthermore, you should observe that the purpose of this test is not to judge the values of various other foods in combination with bread, but rather to observe the value of the bread itself when used in various proportions to the other foods that supply what it lacks.

The proportion and ingredients of the food mixture selected to supplement the breads is given below. Fresh weights are given, that is the weights of the foods as ordinarily purchased. For reason explained last month I used "Klim," a dry whole milk product. One pound of this dry powder enters into the formula, but it is expressed in its equivalent weight of eight pounds of fresh milk. The list runs:

Milk	8 lbs.
Cheese	½ "
Butter	½ "
Lean beef	1 "
Eggs	1 "
Peanuts	1 "
Navy beans (dry)	1 "
String beans	1 "
Cabbage (green leaves)	1 "
Raisins	1 "
Tomatoes	1 "
Oranges	1 "
Sugar	1 "

This is a rich mixture indeed, and contains almost every kind of element that any diet can contain. In the milk, cheese, meat and eggs we have animal proteins; in the beans and peanuts, vegetable proteins. In the butter, cheese and peanuts there is plenty of fat. There is natural sugar in the raisins and refined sugar is also added, merely to make the diet more "civilized." As for minerals and vitamines the list is complete, so far as vitamine tables go. There are three fresh vegetables and three fruits; yes, and iron in the raisins. If such a diet should prove deficient, then all our knowledge is amiss.

Although the diets for the period tested show distinct differences in the rate of growth as indicated by the scales, the total difference in weight was not yet great enough to show up readily in a photograph. These two rats, however, were caught in the act of measuring their respective statures. The small one is the white flour rat, and the difference in size of the two is typical of the series. See the weight table of rat growths.

Now for the proportioning of this mixture to the breads:

All the above foods were desiccated in our laboratory desiccat, orwhere an electrical blower chases the air about at a temperature of 140 degrees, removing all water, but without cooking the foods.

The two varieties of bread were also desiccated. Then the mixture and the breads were separately ground into meal. (The raisins refused to be ground and some difficulty was experienced in getting them smoothly distributed.)

The final diets were made by proportioning the desiccated bread to the desiccated supplemental foods as given below. The last column gives the percentage of bread as figured from the fresh weights of all the foods, including the milk.

The whole wheat bread and the white bread were supplemented exactly alike, thus forming a series of eight pairs of diets.

Pens	Proportions desiccated weights Bread	Mixture
1 and 2	20	20
3 and 4	20	12
5 and 6	20	8
7 and 8	20	6
9 and 10	20	4
11 and 12	20	2
13 and 14	20	1
15 and 16	20	0

Pens	Calculated percentage fresh weights Bread	Mixture
1 and 2	30	70
3 and 4	42	58
5 and 6	51	49
7 and 8	58	42
9 and 10	68	32
11 and 12	81	19
13 and 14	90	10
15 and 16	100	0

The above diets, sixteen in number, were fed to sixteen pens of chicks and sixteen pens of rats. There were four chicks in each pen. All rat pens contained three rats each, except pens 7 and 8 and 13 and 14, which contained two rats each.

Neither chicks nor rats were as uniform in size as I would have liked, but the large number of animals in this one series of experiments overcomes this objection as far as the general results are concerned.

The rats were as uniform in vigor as could be wished and all seemed in perfect health. They differed in age, being from different litters and ranging from four to seven weeks old at the beginning of the test. These various rats were distributed as equably as possible among the different pens, and particular pains were taken to see that the opposed pairs of pens of the two kinds of bread were as evenly matched as possible. Even the sexes of the rats were considered in this arrangement, as the male rats grow slightly faster.

The chicks, unlike the rats, were all of the same age, but were not of uniform health or vigor. These chicks were delayed in shipping from the hatchery, which gave them a bad start. Then a very warm spell came on and it being early in July, we removed them to quarters without the artificial heat. Cooler, damp weather followed with continuous rains and the chicks suffered from the cold and dampness. No other chicks were available, so I carefully selected the chicks, balancing up the pens so that, as far as possible, the better and poorer chicks were distributed equably throughout the test pens. For the first

(*Continued on page* 96)

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(*Continued from page* 94)

fortnight of the experiment the damp weather continued. This factor undoubtedly contributed to the considerable mortality which resulted, eleven chicks out of the sixty-four dying during the experiment. Seven of these deaths were on white flour bread and four on the whole wheat bread. Ten out of the eleven deaths occurred in the last three pairs of diets—that is those containing eighty per cent or more of bread. Of the better supplemented diets only one chick died which was in the pen receiving fifty-eight per cent of white flour bread. Of the pen receiving nothing but white flour bread all four chicks died, the last one dying a few hours after the final weighings were taken.

This lot of chicks were impaired in health and vitality by other than diet factors, hence these deaths cannot be wholly ascribed to the diets. Yet these same chicks fed an adequate diet would doubtless have overcome the effects of chilling—as indeed the chicks on the better diets of the series did. Malnutrition and cold together will kill a man quicker than will either alone, and here chicks are like folks.

That you may see how all this works out I have presented the individual weight curves of these sixty-four chicks. In the experiment published last month, because of the even condition of the chicks and no deaths during the experiment, it was possible to publish single curves of the total gains of each group. Where deaths occur midway of an experiment, such curves of total or average gains are not feasible, and the individual curves are necessary to tell the whole story.

No rats died during the experiment except one little fellow who was drowned in a water dish. This was a whole wheat bread rat; and if the white flour millers wish this as evidence that whole wheat bread is a poor diet for swimmers they are welcome to it.

That the rats did not die during this experiment and the chicks did is to be explained both by the fact that the rats were in uniformly better health and vigor to start with, and that the rat experiment was not continued as long. The actual duration of the experiment was twenty days for the rats and twenty-four days for the chicks. In a biological sense the chicks' time was even greater, for the chicks of the age used are growing faster, that is the normal percentage of weight increase is greater.

I am giving the weight figures of the rats in plain arithmetic, showing the average growth of the rats on each diet. For some of you this may be more readily understood than the growth curves. The graphic method of the curve will prove the more revealing means of presenting these experiments for those of you who will study out the meaning of these tell-tale lines. It might help you to learn to read curves if you would take a pencil and trace out a few of these rat

weights on the chicken curve charts. Once you get the idea, curves make it much easier to see at a glance the comparative rates of growth of various animals or groups of animals.

TABLE OF RAT WEIGHTS

This table shows the average weight (in grams), total gain and per cent of gain of the rats on each of the sixteen diets. The figures are begun on the fifth day of the experiment as the growth the first few days is largely effected by the previous diet which was alike for all pens.

THIRTY PER CENT BREAD

	White flour	Whole wheat
5th day	93	93
10th day	105	106
15th day	116	120
20th day	123	131
Total gain	30	38
Per cent gain	32	41

FORTY-TWO PER CENT BREAD

	White flour	Whole wheat
5th day	75	77
10th day	84	90
15th day	93	104
20th day	99	116
Total gain	24	39
Per cent gain	32	51

FIFTY-ONE PER CENT BREAD

	White flour	Whole wheat
5th day	91	88
10th day	103	106
15th day	115	123
20th day	123	138
Total gain	32	50
Per cent gain	34	57

FIFTY-EIGHT PER CENT BREAD

	White flour	Whole Wheat
5th day	84	89
10th day	93	108
15th day	102	122
20th day	109	136
Total gain	25	47
Per cent gain	29	53

SIXTY-EIGHT PER CENT BREAD

	White flour	Whole wheat
5th day	97	101
10th day	109	120
15th day	118	144
20th day	122	153
Total gain	25	42
Per cent gain	26	42

EIGHTY-ONE PER CENT BREAD

	White flour	Whole wheat
5th day	87	85
10th day	97	97
15th day	103	108
20th day	107	116
Total gain	20	31
Per cent gain	23	37

NINETY PER CENT BREAD

	White flour	Whole wheat
5th day	98	102
10th day	106	104
15th day	111	122
20th day	115	128
Total gain	17	26
Per cent gain	17½	25½

ONE HUNDRED PER CENT BREAD

	White flour	Whole wheat
5th day	96	91
10th day	101	100
15th day	107	106
20th day	106	107
Total gain	10	16
Per cent gain	10½	17½

Now by comparing the chicken curves and the rat figures carefully, you will see that while there is some difference due to

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the species and the different condition of the animals, yet the same general effects show in both cases. From either test it appears that:—

Whole wheat bread is the more complete or more adequate food.

Neither bread is an ideal growing food when fed alone, nor do comparatively small amounts of the other food elements greatly improve it. If only a wee bit of some vitamine were needed, then these diets containing the smaller portion of the vitamine rich food mixture should have shown more marked improvement over the straight bread diet. They did show improvement, but it is not until the proportion of bread is reduced to about fifty per cent that the diets can be called satisfactory.

This table shows the average weight (in grams), total gain and percent of gain of the rats on each of the sixteen diets. The figures are begun on the fifth day of the experiment as the growth the first few days is effected by the previous diet which was alike for all pens.

It takes more of these supplementary foods to make a white bread diet satisfactory than it does to make a whole wheat bread diet equally good.

From both chicks and rats it appears that diet No. 6 is the best of the lot. This contains about fifty per cent of whole wheat bread by fresh food weights, or twenty parts of the bread to eight of the other food on a desiccated weight basis. This same proportion of white bread also gives the best white bread results in the case of the rats.

Further increase of supplementary food does not seem advantageous for either species in the case of the whole wheat bread.

But in the case of white bread the diet for the chicks seems to be improved with still larger proportions of the non-bread elements. The chicks which ate only 30 per cent of bread seemed to find this the best white bread diet of the lot, and almost equal to the best whole wheat bread diet which contains fifty-one per cent of the whole wheat bread—these two diets leading all others in the chick experiment.

With the rats the whole wheat bread is consistently better throughout all proportions. Yet the white bread when fed to the rats does not at any point of the experiment show as extremely unfavorable results as do the higher bread containing diets when fed to the chicks. The rats were able to make considerable growth, even with the higher percentage of white bread—the chicks were not. It is only at the very end of the test that the rats on the straight white bread diet began to lose weight. You will note, however, that the rate of growth is falling off in the latter portion of the experiment in most all of the white bread pens, and that this falling off of the rate of growth is greater in the diets that show poorer growth throughout. With the continuation of the experiment this would have undoubtedly

(*Continued on page* 100)

The Couple Who Spent Every Cent

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But it wasn't my own sickness that gave me my fright — at least I wasn't alarmed about myself. It was the sick condition of the family finances, and thinking of Edith and the boy that put me in a panic.

There I was, flat on my back in bed; a big doctor's bill running up; a trained nurse to pay every week; and no reserve to fall back on—not a dollar laid by for emergency.

Luckily the firm was good enough to continue my salary without a break, or I don't know what we would have done.

The things that went through my mind during that slow process of getting well made me feel like a criminal. Suppose the worst had happened? No provision for Edith and the boy except a little insurance—the total amount not enough to last more than a year at the rate we had been living.

It hurt like a stab. It seems incredible that two people in their right minds could drift along the way we had been doing, constantly living up to the last cent, constantly on the edge of a slippery precipice. Yet, according to statistics, something like 50% of all the men in America over sixty years of age are dependent on relatives or charity for support—including men who had earned princely incomes when in their prime. Think of it! And all because they had failed to look ahead—had never learned how to save. It hit me right between the eyes. For I was nearly thirty-two years old—certainly old enough to know better; yet I wasn't a dollar nearer independence than when I was twenty.

One day, while still in bed, I ran across something in one of the magazines that opened my eyes to our whole trouble.

It said that most people make hard work of saving simply because they don't go at it in the right way. Their money doesn't last long because they have no check on it—no definite system for adjusting their outgo to their income. It said the only practical way is the budget system—split your salary up into proportionate parts; allow so much each week for this, so much for that, and then stick to it.

Then the article told of an almost automatic way for doing this—a new system for managing personal affairs; it was called the Ferrin Money Making Account System.

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That little step has proved to be our salvation. It has helped us put nearly $500 in the bank in less than six months—out of the same salary that was formerly never enough. At the same time it helped us to pay a big doctor's bill without ever missing the money.

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"The things that went through my mind during that slow process of getting well made me feel like a criminal."

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The pocket AccountBook (price when sold separately, 50 cents) contains printed slips so that you have only to jot down the amounts of your daily expenditures. The Kitchen Calendar (price 50 cents) keeps track of household expenses. At the end of each week or month these amounts are transferred to the Money Making Account Book, which contains 112 pages, size 8¼x10½ inches, and is bound in half blue Silk Cloth Back—Cadet Blue Cover, Paper Sides—Turned Edges, semi-flexible, stamped in gold on Front Cover. This book has been prepared by an expert to fit any salary from the smallest to the largest. Incorporated in it is a recapitulation for every month of the year, which shows at a glance the Budget and the amounts paid out during the month for the various classified items of expense. It is the only book to our knowledge which has a Budget Column for every month. Special columns are provided for items on which an income tax does not have to be paid, so that these amounts may be deducted at end of the year.

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Now you need not worry about the money you spend for clothes, food, rent, or the theatre. You will spend it freely because you know how much you can afford to spend. The Ferrin Money Making Account System is a most practical gift to any newly married couple. Many people use them for Christmas gifts.

Send No Money

See how the Ferrin Money Making Account System works magically, no matter how much or how little your income. We know what you will think of it when you see it. So we are willing to send you the complete System without your sending us any money in advance. Just mail the coupon and back will come the System by return mail. If you feel that you can afford not to have it, simply send it back and you will owe nothing.

But when you have seen what big returns the Ferrin System will pay you, you will surely want to keep this wonderful aid to money-making, especially as we are now making a special short-time offer of only $3 for the complete System.

You will appreciate what a remarkable offer this is when you consider that other expense account books are sold for $3 and cover a period of only two years. The Ferrin Money Making Book covers four years, and therefore has twice the value, $6. And in addition you get the Ferrin Kitchen Calendar, the Ferrin Pocket Account Book, the Ferrin Investment and Insurance Register, the Ferrin Household Inventory and Fire Insurance Record, each worth 50 cents, or $2. You have the opportunity, therefore, of securing $8 value for only $3.

But we can make this special combination offer only for a limited time. You are therefore urged to mail the coupon now—to do so costs nothing and does not obligate you in any way, and it may be a revelation to you of how much more you can get out of your income. Independent Corporation, Dept. F-2410, 15 West 37th St., New York.

FREE EXAMINATION COUPON

Independent Corporation
Dept. F-2410 15 W. 37th St., New York

Please send me the Ferrin Money Making Account System (the entire five books) for Free Examination. I will send you $3 in full payment within 5 days after receipt, or return the books.

Name .....

Address ..... P. C. 10-22

Do You Aspire to Leadership?

In the Home, in Business, in Society, Church or Civic Life

Do you really know yourself? Stop right there. Do you?

You believe vaguely in the effect of your mind on the body, but do you realize that if you set out systematically to reach an ideal spiritually, mentally or physically, that you can do so as surely as you can mould a piece of clay?

These laws are as fixed as the laws which govern the growth of plants or the motion of the earth. The study is most fascinating and satisfying.

The knowledge of the law of thought as governing action is the need and coming study of the age—a wondrous power to those who apply these laws to their own particular problems.

Visualize Your Ideal Self

Fully visualize your ideal self, train your thought and action until this ideal becomes a reality. I will help you through my individual course of Thought Training and Spiritual Inspiration—*Auto-direction*.

If you are conscious of a lack of balance that leads to worry, to uncharitableness, to habitually over-hasty action and speech, to infirmity of purpose, let me, tell you what those whom I have helped say of my course in Self-Mastery.

Rise to a Consciousness of Power

I have helped my students to rise to higher positions, where, if they were in business, they were able to earn more money.

I have helped them to acquire leadership in the home, in social, church and civic life.

I have given them a consciousness of power which emanates from their very being, enabling them to attract and to wield this power through the individuality and force within themselves.

My success in building health and changing physical outlines of women has been due to the fact that I have followed psychological as well as physical laws, and my pupils have formed the habit of wholesome thought as well as action.

I have developed graceful, beautiful figures, have given perfect health and poise. I am exceedingly proud of my record in building health, happiness, character—*through Auto-direction*.

I have not failed with one pupil. Thus I know my principle is sound—for *failure* is *contrary to these laws*. As I have helped others—

I KNOW I CAN HELP YOU:

To be a success in your home, your business or your friendships;
To realize your creative power;
To harmonize relationships;
To attain a poise which will lift you above trifles, enabling you to see little things as such, and to hold to the verities of life;
To develop a forceful individuality, which means success for self, and inspires others;
To love life, to love people, and be richly loved in return;
To develop a sense of humor;
To realize your harmony with your Creator;
To develop the soul of you.

My Booklet Sent FREE

My work is scientific; yet it is easy to understand. It has stood the test of time—and the results have been positively marvelous. Would you like to know more about it? If so, write me. I will send you a booklet describing my course in Psycho-Analysis—the Mastery of Self, through Auto-direction. The book is free. Write today.

Susanna Cocroft

Address Dept. 16-K
1819 Broadway New York

(*Continued from page* 98)

been turned into actual weight losses and where these were severe enough would have ultimately ended in the death of the animals. A young animal that begins to lose weight is doomed, if the conditions that cause that weight loss are not changed.

That the chicks showed more readily the effects of the deficient diet than the rats is in line with the general laboratory experience with the two species. Moreover in our test the chicks were further sensitized to the deficiency by the depleted vitality caused by cold and dampness.

The general experience of other investigators has been that bread made of white flour and water only will produce no growth in young rats, but that bread made of milk will produce slow growth. I therefore suspected from the results attained without rats that the brand of bread I was using contained some milk. Upon the completion of the experiment I called upon the manufacturer of the bread and inquired the formula used in its making.

It was given me with the further statement that it *represented approximately the formula of all the leading commercial brands of white bread then in use in New York.*

I also learned that the only difference in composition between the white and the whole wheat bread used in the test was the substitution of one hundred per cent of whole wheat flour for the white flour and the use of slightly greater amount of yeast.

The white bread is made of approximately the following ingredients:

White flour	196 pounds
Yeast	3 "
Salt	3½ "
Lard or oil	8 "
Sugar	6 "
Milk solids	3½ "

The usual custom is to add the sugar and milk together in the form of sweetened condensed milk twelve pounds of which are used containing twenty-eight per cent of milk solids. This would amount to twenty-five pounds of fresh milk or about one-third enough to mix the dough.

From the above you see that the breads in this experiment are by no means pure flour and water products.

In our last month's experiment we found that, when grains were supplemented with twenty per cent of dry milk and five per cent of desiccated greens, the denatured grains gave better growth than the natural grains. That experiment is not directly comparable with this month's test, as both the grain and the non-grain ingredients are changed. But there is a similarity, and again we find that the fully supplemented denatured grain gives better growth for the chicks than the corresponding diet with the natural bran-containing grain product. (Contrast the

(*Continued on page* 102)

BANISH CONSTIPATION

Indigestion—Nervousness

Here is a guaranteed cure for Constipation. Your money back if it fails. A food that supplies the deficiency of minerals and vitamines in the diet—the direct cause of this disorder and associated ailments.

Tyler's Macerated Wheat

A scientific combination of macerated (crushed) whole wheat, nuts, raisins, etc. A ready to eat food, with all the 16 elements of which the body is composed, and all 3 vitamines. The vital ingredients are not destroyed by heat or cooking in any form. **Macerated Wheat is especially rich in Iron** and **Phosphorus,** the great blood and nerve builders; **Potassium,** which keeps the arteries and joints elastic. **Magnesium,** the eliminent of body wastes, and **Calcium,** the great bone and tooth builder. A natural regulator, not a laxative. **Positively banishes constipation.** Indigestion, stomach disorders and nervousness quickly disappear with its use.

Curative—Nourishing

Tyler's Macerated Wheat, in curing constipation and supplying mineral salts and vitamines, restores the digestive, nervous, respiratory, and excretory tracts to normal functioning. Consequently new life and vitality are created. **The blood is enriched, the nerves quieted and strengthened, mental activity is increased, vital energy is produced** in men, women and children. ***Macerated Wheat is a Vitalizing, force-producing, and tonic, corrective food for both sick and well. Because of its high vitamine and mineral content it is an ideal food for expectant and nursing mothers and growing children.***

Macerated Wheat has given remarkable relief in stomach disorders, debility, nervous breakdown, anemia, malnutrition, rheumatism, high blood pressure, neuritis, underweight, and constipation of all kinds.

Send Money-Back Trial Order

Whether you are well or sick, **try Macerated Wheat at our risk.** If you receive no benefit, we'll refund your money. Macerated Wheat is ready to eat. Eat it alone or with other foods, if you wish. **Highly nourishing, easily digested, fine flavored and extremely palatable. Children relish it. Most economical food on market. 21-2 pkg. $1.00 postpaid. Send dollar bill or check today. "Health Guide" Free with Order.**

BYRON TYLER (*Est. 1899*)
1078 Gibraltar Bldg. Kansas City, Mo.

An Easy Way to Remove Dandruff

If you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't.

The best way to get rid of dandruff is to dissolve it. To do this, just apply a little Liquid Arvon at night before retiring; use enough to moisten the scalp, and rub it in gently with the finger tips.

By morning, most, if not all, of your dandruff will be gone, and three or four more applications should completely remove every sign and trace of it.

You will find, too, that all itching of the scalp will stop, and your hair will look and feel a hundred times better. You can get Liquid Arvon at any drug store. A four-ounce bottle is usually all that is needed.

The R. L. Watkins Co., Cleveland, Ohio

BIG PAY

For Spare Time

Without Risking Your Job—Or Costing You a Cent

Learn Expert Salesmanship

H. B. FARRIS
Wheeling, W. Va.

"$48 my first week working only spare time. It was a lucky day for me when I joined your organization."

HUNDREDS of men and women are turning spare time into dollars selling **Goodyear Guaranteed Raincoats** direct to wearer. Learn Salesmanship by actual experience. We tell you what to say and do to get orders.

Commissions are paid immediately. We deliver and collect—all you do is to show samples and take orders. Work is dignified, interesting and profitable. Steady, full time work brings big money. WRITE TODAY for special offer.

GOODYEAR MFG. COMPANY,
1728D Goodyear Bldg. Kansas City, Mo.

How I Banished My Catarrh

A simple, pleasant, inexpensive way to get rid of coughs, colds, catarrh, asthma and hay fever without drugs, medicines, exercise or apparatus of any kind.

BY ERNEST WILLIAMS

I HAD catarrh the worst way.

Some days I could hardly breathe.

Coughing and expectorating—especially in the morning—was annoying, exhausting and nauseating.

I was treated by seven different physicians—including three nose and throat specialists—and I tried every remedy that was advertised or recommended but received only temporary relief.

One treatment I submitted to was having my nose burned out at frequent intervals, which caused excruciating pain.

Then I had two operations to remove some of the bone and cartilage from my nose. These operations cost me $300, caused me great suffering, and did not help the catarrhal condition a particle.

After all this expense and suffering, *without any satisfactory results*, you can well imagine that I was in the depths of discouragement.

I had about made up my mind that there was no "balm in Gilead" that would free me from this distressing and disgusting disease.

Then one day, while reading my favorite magazine, I ran across an advertisement of a little book. The name of this book is *Curing Catarrh, Coughs and Colds*, by Dr. R. L. Alsaker.

I sent for this book at once.

It told of a simple, easy, pleasant remedy that didn't cost a cent.

I followed instructions, and in *one week* my condition was wonderfully improved, and in *eight weeks* I was absolutely free from the slightest symptom of the disease.

That was three years ago, and I have never been bothered with catarrh from that day to this.

After spending thousands of dollars on doctors, drugs and operations without results, I was permanently cured at a total cost of only $3 which I paid for the book.

Is it any wonder that I am grateful to the publishers of that book and am anxious to tell other sufferers about it?

A Filthy and Dangerous Disease

Thousands of people are victims of catarrh.

It is a filthy, repulsive and dangerous malady.

Some have it occasionally and some have it all the time.

There are many kinds of catarrh besides catarrh of the head and throat.

When catarrh affects the chest it is called bronchitis. If it is allowed to run its course and becomes chronic, it means good-bye to health and happiness. It makes sound, healthful sleep impossible, and soon saps the strength of the sufferer. It quickly weakens the lungs making the individual an easy victim to influenza, pneumonia and consumption.

Many people suffer from catarrh of the stomach and small intestines. This always means indigestion in one of its worst forms. Then there is catarrh of the large intestine which frequently brings on colitis—inflammation of the lower bowel.

Catarrh of the ear causes severe headaches, head noises and general discomfort.

Catarrh of the liver is the forerunner of various diseases. It produces jaundice and gall-stones, and often brings much suffering from liver colic.

If you catch cold easily you are in a catarrhal condition. If you have one cold after another, you will soon suffer from chronic catarrh, which is sure to produce some more serious disease—although catarrh itself is certainly bad enough.

Cure Your Children

In children, catarrh is frequently accompanied by sore, enlarged tonsils and adenoids. When this occurs, the child becomes a "mouth-breather," the palate is often pushed upward, and the teeth thrown out of line. Mouth breathing is often the cause of laryngitis, bronchitis and asthma.

Cutting out the tonsils is not a safe operation. Sometimes it results in death. Often the sore throat persists. Enlarged tonsils and adenoids are *effects* and not *causes*. Removing them is merely cutting out a symptom. It does not remove the cause of the trouble.

Don't Neglect Catarrh

If you—or any member of your household—is afflicted with catarrh, don't ignore or neglect it.

It is a mighty serious ailment. It can bring in many more dangerous diseases. Destroy it before it is too late. You can do it just as I did. It's easy when you know how.

And in getting rid of your catarrh, you will get rid of a lot of other troubles.

You will lose that bad taste in the mouth.

Your coated tongue will clear up.

That terrible tired feeling will vanish.

That troublesome gas will stop forming in stomach and bowels.

Pains in the back will take flight.

Headaches will disappear.

Rheumatism will be a thing of the past.

You don't need to take my word for all this. You can easily prove it for yourself. But don't keep on wasting time and money on pills, powders and potions that won't do you a bit of good.

Get rid of your catarrh—just as I got rid of mine—by a simple, natural, pleasant way that cures you to stay cured.

Evidence!

I have been a sufferer from Catarrh for about two years, with large discharges from nose and throat. The advice in "Curing Catarrh, Coughs and Colds" has made a wonderful change in my health.—M. C.—Virginia.

By following instructions contained in "Curing Catarrh, Coughs and Colds" I cured in 5 days a cold that had been with me for over six months.—H. H. M.—Tenn.

I had intestinal indigestion and my wife the worst case of constipation. Now both are cured and have had no cold since we got your book.—H. F., Jr.—Ill.

The advice in your little book has in 6 days done me more good than all the medicine I have taken for 30 years.—G. W. S.—Wash.

The teachings applied have relieved me from asthma, which I have been at the mercy of for the past 15 years.—Mrs. J. R. J.—Calif.

I have followed the instructions in Dr. Alsaker's book "Curing Catarrh, Coughs and Colds" and have completely eliminated Catarrh from my system.—Sgt. J. A. L.—Nebr.

I am having wonderful success with using The Alsaker Way for curing Catarrh. I have doctored with specialists for 12 years.—Mrs. J. B. W.—Okla.

We are putting Dr. Alsaker's advice into practice and have already derived benefit therefrom.—Mrs. A. L.—Nebr.

This is the best thing we have found on the subject. We like the modest, straightforward, logical manner in which Dr. Alsaker presents his advice.—Mrs. O. H. P.—Ills.

To anyone not familiar with the methods as outlined by Dr. Alsaker, the book is truly worth its weight in gold.—Dr. J. P. Y.—Ind.

Dr. Alsaker's book "Curing Catarrh, Coughs and Colds" arrived safely and I am greatly delighted with the advice.—P. K. C.—Australia.

This book has been a great help to me. I think it should be in every home.—Fred M.—Texas.

Learn This Secret

How to get rid of your catarrh—how to *get* well and *stay* well—is a simple secret that you can quickly learn and easily follow. It is all contained in a little book of 120 pages, small enough to slip in your coat pocket.

This little book—*worth its weight in gold to every catarrh sufferer*—is by Dr. R. L. Alsaker, one of the leading specialists of this country, who has cured *thousands* of the most terrible cases of catarrh after all other remedies have failed.

Get this book *now*—don't put it off another day!

It gives full, clear and simple instructions on the cause, prevention and cure of catarrh, asthma, hay fever, coughs, colds, swollen tonsils and adenoids.

The book contains no whims, fads or fallacies. It is absolutely free from bunk, bull and medical bombast. It sets forth—in plain, simple language—a natural, common-sense, proved-out and time-tested *plan* that is easy and pleasant to follow—a plan that enables you to get well and stay well.

No matter what you think you know about catarrh, coughs and colds, you should read this book. It tells the truth about these annoying, objectionable and health-destroying troubles and it gives you a simple, safe, sure cure, without drugs, medicines, exercise, baths or apparatus of any kind.

It is a treatment—a wonderfully successful treatment—that you follow yourself—right in your own home—without the expenditure of a single extra nickel.

There is nothing difficult, technical, mysterious or undesirable about this treatment. It is easy to understand. It is simple to follow. Any one—young or old—can reap the benefit of it.

Cure Yourself Now

If you suffer from coughs, colds, catarrh, asthma, hay fever or any such ailments—if you have been spending time and money on doctors, drugs, special treatments and operations, stop it right now—today—at once!

Learn how to cure yourself—*quickly and economically*—just as I did.

Here is the way to do it.

Fill out the coupon. Pin it to a check or money order for only $3. Mail it to THE ALSAKER WAY, Dept. 40, 1133 Broadway, New York. They will send you—post haste and postpaid—a copy of this wonderful little book. Follow its wise instructions for thirty days. Then if you are not enthusiastic over the results you have obtained—if you do not see a remarkable improvement in your condition—if you are not more than satisfied that you have made the best $3 investment in health and happiness that you ever made—simply remail the book and your $3 will be immediately refunded.

Don't keep putting it off!

If you want to get rid of your catarrh, you can do it—and do it now. There is nothing experimental about Dr. Alsaker's treatment. It has made good in thousands of cases. It includes no drugs, serums, sprays or salves. And it costs you nothing except the price of the book, while doctor's bills, prescriptions and patent remedies *that do not cure*, use up a large part of any man's pay check.

Send for the book today. Follow its simple instructions and you will receive the same splendid results I received and that thousands of others are receiving.

Send $3 with this Coupon

THE ALSAKER WAY

Dept. 40, 1133 Broadway, New York.

Gentlemen:

I have read Ernest Williams' story of how he cured his catarrh. Please send me Dr. Alsaker's book by return mail. I enclose $3 in full payment, which is to be returned to me if I return the book.

Name .....

Address .....

(This little coupon has brought health and happiness to thousands of catarrh sufferers.)

Constipated?

this natural food will bring relief!

CREAM OF BRAN PHOSPHO *with Agar-Agar*

Not a Drug

A pleasant tasting food—an ideal corrective. "Drugging," "Pills" and cathartics will only make worse an already bad condition. To get true relief—natural action must be restored. Keep Phospho Cream of Bran with agar-agar on your daily diet. It will help you back to normal health, for when you banish constipation, away goes 90% of all other ills.

A Natural Aid to Perfect Health

Phospho Cream of Bran with agar-agar has given lasting relief to thousands all over the United States. It is delicious in flavor, having much the taste of toasted nuts. In its preparation we use only the inner bran from selected wheat. This inner bran is rich in a natural oil, itself a valuable aid to digestion and elimination. With this Phospho Cream of Bran we combine agar-agar a marine algæ or sea gelatine. This is not in any sense a drug, being simply a natural marine gelatine, colorless and tasteless, and recommended by dieticians the world over as one of the most natural aids in the correction of constipation.

Partially Pre-Cooked Food

Phospho Cream of Bran is thoroughly sterilized and partially precooked in its preparation, and many enjoy taking it just as it comes from the package, sprinkling it over fresh fruit. Others prefer to add a small amount to their favorite hot or cold cereal.

There is nothing mysterious about Phospho Cream of Bran with agar-agar—its action is purely mechanical, furnishing the necessary "roughage" for proper cleansing and elimination.

Try a Package at Our Expense

You only need to buy two one pound packages of this splendid cereal food, costing you $1.50; use one of them and if you do not like it, return the other to us and we will refund your money in full. If you wish to order more, the price is six packages for $4.00; twelve for $7.50. Postpaid anywhere in the United States.

Representatives Wanted In the Principal Cities

Just fill out the coupon below:

PHOSPHO FOOD COMPANY, INC., DEPT. B,
737 North Spring Street,
Los Angeles, California.

Enclosed is.....for which send me

.....one pound packages of PHOSPHO CREAM OF BRAN with AGAR-AGAR.

Name.....

R. F. D. or Street Address.....

City and State.....

(*Continued from page* 100)

growth curves of the first two chick pens of this month's experiment with the last two pens of chicks in the last month's report.) But this phenomenon does not appear in the case of rats. Moreover, we have found this month a combination with the whole wheat element which slightly surpasses the best combination containing the white flour product. It will take further experimenting to fully solve the problem presented by these results. The working out of such a problem of the very best food combinations, when there are three or more foods involved, becomes quite complicated.

Our experiment further shows that even whole wheat bread, despite its obvious advantage over white flour bread, is by no means a panacea for all dietetic deficiencies. It is not a perfect food as some enthusiasts have claimed. Young rats and chicks, at least, cannot thrive on whole wheat bread alone. To produce a perfect food and a complete staff of life we must add to the usual ingredients of bread as now made, whether of white or whole wheat flour, other ingredients to specifically supply the dietetic essentials in which bread is lacking.

But do not let this admission that there are problems still unsolved discredit in your mind the more obvious evidence that whole wheat bread is distinctly a safer and more complete food than the white flour bread.

The less adequate the diet is, the more essential becomes the use of the whole wheat bread.

Meat and potatoes (see last month's report) are evidently of little help in overcoming the deficiency of white flour bread.

An abundance of dairy products, eggs and green vegetables, supplement white bread and lessen the danger of dietetic deficiency because of its use.

Whole wheat bread can be safely used in larger proportions of the diet than white flour bread—and it follows that a combination of safety and economy in diet can be more readily obtained with the whole wheat product.

In brief, our experimental evidence shows that in the present state of our knowledge, and with our present brands of bread and habits of eating, the advocacy of whole wheat bread is well founded.

Are You Troubled With "Nerves"?—Do You Want A Cure?

TO just what extent your nervous condition may be the result of physical causes, or of temperament and one's psychological outlook, may be a matter of speculation. Diet and clean living have much to do with it. But exercises which not only build health but promote the correct mental state are invaluable. Read what Ted Shawn, America's foremost male dancer, has to say in PHYSICAL CULTURE next month about dancing as a cure for "nerves."

Dr. Lawton's Guaranteed

FAT REDUCER

FOR MEN AND WOMEN

Will show reduction taking place in 11 days or money refunded.

Results come usually in three or four days, but if you do not see positive reduction taking place in 11 days (the full trial period) return the Reducer at once together with the instruction book that accompanied it and your $5 will be refunded. Dr. Lawton, shown in picture, reduced from 211 to 152 pounds in a very short time. The Reducer is not electrical; made of soft rubber and weighs but a few ounces. Whether you are 10 or 100 pounds overweight you can reduce any part you wish quickly, safely and permanently by using Reducer a few minutes night and morning. By a gentle manipulation the Reducer breaks down and disintegrates fatty tissue which becomes waste matter and is carried out of the system through the organs of elimination, thereby the blood circulation is improved. For years Dr. Lawton's Fat Reducer has been successfully sold and is used by thousands. It is ENDORSED BY PHYSICIANS and its use requires no dieting, starving, medicines or exercise. Sold generally by druggists everywhere or will be sent direct to your home in plain wrapper upon receipt of $5 plus 20c to cover cost of Parcel Post and Insurance ($5.20 in all).

Send for your Fat Reducer today. Remember it is guaranteed. **Or if you prefer, send for free booklet**

DR. THOMAS LAWTON
120 West 70th Street, Dept. 17, New York

These Books Were Written by the Man Who Trained

G. W. ROLANDOW

—the greatest all 'round athlete the world has ever known. You can get them *Free*. They tell you how to develop

Vitality, Energy, Endurance, Nerve Strength, Muscular Strength, Perfect Physique

My FREE BOOKS, "The Whys of Exercise" and "The First and Last Law of Physical Culture," tell you, if you are weak or underdeveloped, how to grow strong; if strong, how to grow stronger. They explain how to develop the lungs and muscles, a strong heart and vigorous digestion—in short, how to improve health and strength internally as well as externally. SEND TODAY—NOW—for these FREE BOOKS. Enclose 6c in stamps to cover postage.

Prof. H. W. Titus 105 East 13th St., Dept. 504K NEW YORK CITY

RUPTURED?

New invention absolutely keeps any truss or support in place, keeps pressure where it belongs, prevents slipping and chafing. Wonderful comfort and security. Hastens healing. Allows you to wear much lighter truss. Weighs but ten grains. Instantly applied. Cost a dollar for six, worth ten. Money back instantly if not delighted.

THE BETTER DAYS COMPANY
Lee Bldg., Steubenville, O.

ARE YOU SELF-CONSCIOUS?

Embarrassed in company, lacking in self-control? Let me tell you how you can overcome these troubles.

P. VERITAS, - 1400 Broadway, New York City

What Would You Give To Become A Really Good Dancer?

How much would it be worth to you to make yourself so popular through your ability to dance all of the very latest steps, that everyone would be anxious to have you attend their social affairs?

GOOD dancers always have the best time. The best dancers and the prettiest girls always want a good partner. From the business as well as the social standpoint, it is really time and money profitably spent to add dancing to your other accomplishments. Especially so, since it now costs so little—and a fine dancing ability can be mastered in only a few hours.

Arthur Murray has perfected a method by which you can learn in the privacy of your own home, to dance any of the latest dances in a few minutes—and all of them in a short time. Instructions are so simple that even a child can quickly learn. In one evening, you can master the steps of any single dance. Partner or music are not necessary. After learning you can dance with the best dancer in your town and not make a single misstep.

Learn Without Partner or Music

Arthur Murray
Dancing Instructor to the Vanderbilts.

Arthur Murray's remarkable method is so clearly explained and lucidly written that you don't need anyone to explain the instructions. The diagrams show every movement—just how to make each step of every dance, and the written instructions are concise and easily remembered. After you have quickly learned the steps by yourself in your own room, you can dance perfectly with anyone. It will also be quite easy for you to dance in correct time on any floor to any orchestra or phonograph music.

Here's What a Few Say

Let me say that your chart system explains many things to me which other teachers could not make clear.
WM. S. MEYERFELD,
Ann Arbor, Mich.

I practiced yesterday and learned the Fox Trot through the night. Tonight I danced a number of times with a good dancer to the music of a phonograph and had no trouble in leading or balance.
J. N. MEALY,
Flatwood, W. Va.

I am getting along very nicely with the nstructions. I have so many pupils I have to have a larger place.
ALBERT J. DELANEY.
Bay City, Mich.

Before I got your lessons I couldn't dance a step, but now I go to dances and have a good time, like the rest of them. I'll always be thankful that I have taken your course.
BEGGI THORGERISON.
Ethridge, Mont.

Many other enthusiastic letters have been received. If interested send for special leaflet reprinting them.

Arthur Murray is recognized as America's foremost authority on social dancing. Such people as the Vanderbilts, Ex-Governor Locke Craig of North Carolina and scores of other socially prominent people chose Mr. Murray as their dancing instructor. Dancing teachers the world over take lessons from him—and it is a fact that more than 60,000 people have learned to become popular dancers through his learn-at-home methods.

Do You Know

- The Correct Dancing Position
- How to Gain Confidence
- How to Follow Successfully
- How to Avoid Embarrassing Mistakes
- The Art of Making Your Feet Look Attractive
- The Correct Walk in the Fox Trot
- The Basic Principles in Waltzing
- How to Waltz Backward
- The Secret of Leading
- The Chasse in the Fox Trot
- The Forward Waltz Ste
- How to Leave One Partner to Dance With Another
- How to Learn and Also Teach Your Child to Dance
- What the Advanced Dancer Should Know
- How to Develop Your Sense of Rhythm
- Etiquette of the Ballroom

Free Proof You Can Learn the Latest Steps in an Evening

Private instruction in Mr. Murray's studio would cost you $10 per lesson. But through his new method of teaching dancing at home, you get the same high class instruction at a ridiculously low price. And if you aren't delighted, the instruction doesn't cost you one cent.

To prove that he can teach you, Mr. Murray will send you his full sixteen-lesson course for five days' free trial. Through these sixteen lessons you will learn, The Correct Dancing Position—How to Gain Confidence—How to Follow Successfully—The Art of Making Your Feet Look Attractive—The Correct Walk in the Fox Trot—The Basic Principles in Waltzing—How to Waltz Backward—The Secret of Leading—The Chasse in the Fox Trot—The Forward Waltz Step—How to Leave One Partner to Dance with Another—How to Learn and Also Teach Your Child to Dance—What the Advanced Dancer Should Know—How to Develop Your Sense of Rhythm—Etiquette of the Ballroom.

Send No Money—Not One Cent

Satisfy yourself that the new course can quickly teach you all of the new dances and latest steps. See for yourself how easily you can master all of the newest dances and be able to enjoy yourself at the very next affair to which you are invited. Just fill in and mail the coupon—or a postcard or letter will do—and the special course will be promptly sent to you. When your own postman hands it to you, simply deposit with him only $1.00 plus the few cents postage, and the course is yours without any further payments of any kind. Keep the course for five full days. Practice all the steps—learn everything the lessons teach, because that is the only way you can prove to your full satisfaction that Arthur Murray's method is the quickest, easiest, and most delightful way to learn how to dance correctly and expertly. Then, within five days, if you desire to do so, you may return the course and your deposit will be promptly refunded without any question. But should you decide to keep the course, as you surely will, it becomes your property without further payments of any kind.

Your Satisfaction Guaranteed

Several times Arthur Murray has been asked how one can learn by mail to dance? The answer and the proof that you can learn is found in these special lessons. After reading them over and practicing the steps as shown in the diagrams, no one can help but feel fully convinced that Arthur Murray's course does teach everything promised. And so positive is Mr. Murray that he can teach you that he absolutely guarantees your complete satisfaction or your money will be fully refunded.

You have always wanted to learn to dance—you have always promised yourself that some day you would learn. Here is your best opportunity. And remember, you now receive the

16-LESSON COURSE ONLY $1.00

Arthur Murray
Studio 439
100 Fifth Ave. New York

Arthur Murray, Studio 439,
100 Fifth Avenue, New York.

To prove that you can teach me to dance in one evening at home you may send the sixteen lesson course in plain cover and when the postman hands it to me I will deposit with him $1.00, plus a few cents postage in full payment. If, within five days, I decide to return the course I may do so and you will refund my money promptly and without question.

Name .....

Address .....

City ..... State .....

If you wish you may send money with coupon.
(Price outside U. S. $1.10 cash with order.)

The Wonderful Thing

IN LIFE IS

WOMAN'S SECRET CHARM

What Is It? How Can It Be Acquired?

Are You Lonely?

Many a woman today, who craves companionship and love, suffers in silence without knowing why she is neglected. The *secret* of woman's charm is that natural physical perfection which lends enchantment wherever she goes—the thing that makes her WOMAN in the first place—irresistibly draws man to her. That charm is her "physical beauty."

Bust Pads Will Not Do

No man loves a dummy. There is no appeal in false, physical make-up. Man cannot be deceived. You must be a REAL woman, and because you are, you will want to be as perfectly developed as nature meant you to be.

You Have a Friend

Science comes to your rescue, in the perfection of a wonderful invention which will expand and enlarge the bust of any woman in a surprisingly short time, no matter what the cause of under-development. No creams, no medicines, no electrical contrivances, no hand massage, no fake free treatments to deceive you—but a simple, effective, harmless home developer which you use a few minutes night and morning. That is all there is to do. Nature, thru the physical excitation and stimulation of this wonderful invention, builds up flabby, lifeless tissues into the rounded contour of perfect beauty which every woman secretly craves.

You Can Now Be Happy

and sought after and admired and loved, if you will let us tell you about this remarkable developer, which is the only real method known for permanently enlarging a woman's bust to its natural size and beauty.

Its Results Are Wonderful

Dr. C. S. Carr, former physician of national reputation, says of this physical culture invention:

"Indeed, it will bring about a development of the busts quite astonishing."

Actress "The Follies Company" writes:

"This invention has done wonders for me, having developed an attractive bust of FOUR INCHES in the short time of THREE WEEKS—was never larger than a child's. I cannot express how delighted I am in this changed appearance. I take pleasure in recommending it to my friends of the profession."

Let Us Tell You FREE

without the cost of one penny, just how you may acquire this irresistible charm of womanhood that comes instinctively with a wonderfully developed figure. Send your name and address today and prepare for the happiest moments of your life.

Mail The Coupon Today

The Olive Company, Dept. P, Clarinda, Iowa, U. S. A.

Please tell me all about your wonderful invention for women, without cost or obligation to me. (This information under sealed postage, if you enclose 4c stamps.)

Name.....

Street.....

City and State.....

Exercise and Adventure in an Auto

(*Continued from page* 29)

We maneuvered through it very nicely, however, until we reached a place somewhere between Opelika and Loachapoka, as I recall it, though my wife thinks it was nearer Notasulga. There we ran into a patch of peculiarly soft, sticky mud near a little negro settlement and promptly stuck. In a trice we were entirely surrounded by darkies. They semed to have materialized out of the air. There must have been twenty of them, ranging in age from fifty down to five. I might have gotten the car out unaided, but they promptly took the job right out of my hands. They displayed a singular aptitude at the task, and I discovered that lying along the sides of the road were numerous poles, timbers, slabs, blocks, etc., calculated to be of assistance in such emergencies. I cannot help being cursed with a suspicion that those African business men maintained that mudhole as a source of revenue and probably irrigated it every night.

Although there were so many of them that they jostled and got in each other's way, they had us out of that pickle in something less than five minutes, and then every dark-skinned individual in the crowd, even down to the children, claimed to have had a hand in the achievement. We distributed all our loose silver among the adults and adolescents, and then my wife, conceiving that the infants could not possibly have performed a man's part in the job, offered the smallest ones samples of some very excellent chocolates which we had with us. This was received with evident dissatisfaction by the younger generation, and one even voiced the popular discontent when he sneered:

"Shucks! Dat's candy—dat ain't money!"

That episode added much to the gayety of the trip.

We had good roads in and out of Montgomery—beautiful, quaint old Montgomery, so full of reminders of the far-distant past—but fifty miles and more south of it we came upon a less progressive but peaceful and fascinating country. There were sandy or rocky hills, swampy bottoms, quaint farmhouses, sometimes log cabins, little clusters of houses around a store and post-office, and a rustic but lovable people. We crossed slow, dusky streams, walled in with high, lush green tangles of tree, shrub and vine; sometimes, even when the stream was large enough to be called a river, the greenery reached out and touched hands above it. And in swampy spots we began to see the long, gray streamers of moss hanging from the trees—a sign that we were nearing our Farthest South.

All along the way were such things as

that great holly tree, magnificent, symmetrical, fully forty feet high, in the edge of a field by the roadside, far from any town and evidently never mutilated, almost as red with berries as it was green with leaves. We got out of the car and stood gazing at it for several minutes in silent admiration, aware that we were looking upon one of the lovely things of earth which we might never see again.

The days were full of varied and interesting adventure. There were mudholes, of course—but we managed to get through them without help. There were slender bridges bearing ominous signs to the effect that the county would "not be responsible for vehicles weighing over two thousand pounds," and there were long, frail-looking viaducts of poles across swamps and tangles of little bayous, all gloriously rich in bird life. I remember a swamp along the Bayou Barataria near New Orleans where it was so dusky at midday that a barred owl was awake, and we heard him grumbling moodily to himself.

Sometimes in low, wet spots we found that relic of the Civil War, "corduroy road," which means a sort of flooring of poles laid crosswise. Once we passed over a wooden culvert which had sunk into the mud at one end until it was tilted almost to a forty-five degree angle, and we rather feared an upset, but Susie managed to retain her balance. Again we would be snaking our way up and down steep hill roads where turns were many and sharp, where the road was sometimes so sidelong that D. held her breath, where we had to jolt across deep gullies or straddle them or crawl through them diagonally, causing Susie to groan and creak in her joints. One who has never done a whole day of driving over such roads hasn't the glimmering of an idea how tired one is in the arms and legs after eight or ten hours of it.

What suppers we had, whether in hotels where we stopped or in our own camp! We ate like lumberjacks. Our noon lunches we ate from a lunch kit, which it was D.'s job to fill in the morning before starting. We preferred to lunch in the country, near a farmhouse where we could buy a big bucket or pitcher full of buttermilk or sweet milk, for which we sometimes paid as high as ten cents.

And there were such experiences as that night down in southern Alabama when we camped in a grove consisting of five big live oak trees in front of the home of an old bearded farmer who gave us wood for our camp fire and wanted us to come in and eat supper with his family. We declined, but upon cordial invitation sat after supper by a roaring pine log fire in the great fireplace of the family sitting room, eating paper-shell pecans and listening to folk-lore of that old-fashioned countryside, and learning of the number of deer, bears and other wild animals in the canebrakes and swampy forests along the Conecuh

Amazing Secret of Science Makes Every Skin Beautiful!

An amazing improvement can now be made in any complexion, almost overnight. Famous specialist tells of his discovery of the three types of skin and the special treatment for each.

By Marie Franzan

NOW comes the startling announcement that any complexion can quickly be transformed to natural, radiant beauty. The secret has been found in a scientific discovery concerning the basic nature of skin. In consequence, our old ideas about caring for the complexion are being revolutionized. A new way to beauty has been revealed.

Results that seem almost unbelievable have been obtained. Women who had given up their complexions in despair are now astonished to see them assume a new, glowing vitality, a wonderful softness and fineness of texture with the return of fresh, youthful color. This remarkable improvement is obtained almost at once. The new school of treatment requires no more time than any woman ordinarily devotes to her toilette.

How the New Way Was Found

As such a discovery must be of the greatest interest to every woman, I decided to go direct to the famous specialist responsible for it and get from him the whole story at first hand.

I felt that the readers of PHYSICAL CULTURE magazine would be glad to have the facts.

"I take no great credit for my discovery," the specialist began. "I believe that almost anyone might have made it who had been willing to make a scientific study of the skin and analyze the underlying principles of complexion corrections.

The Secret

"I found out the one big fact about the skin that had apparently been overlooked before. I discovered that all skins are not alike. They have fundamental differences. There are, in fact, three distinct types of skin—oily, dry, and normal. Every woman's skin is one of these three types. And each requires its own special method of treatment.

"For example, if a woman has a dry skin, she cannot use the preparation which would be beneficial to an oily skin. And a woman who has an oily skin does irreparable harm by using the wrong treatment. If a skin is normal, it can soon lose its natural beauty unless properly cared for."

"The first step, then," I asked, "is for a woman to discover which type of skin she has?"

"Exactly," the specialist replied. "Heretofore women have not been able to tell the kind of skin they have nor to select the proper preparation for its special needs. But it is really very simple."

He explained just how to tell whether your skin is oily, dry or normal. I have reproduced these directions in the center of this page.

Then the specialist told me how he had devised a special treatment for each type of skin—how it was necessary to make new preparations for each, based on formulas that supplied the necessary ingredients. In short, he formulated a complete treatment for every woman's skin, whether it is oily, dry or normal.

THREE TYPES OF SKIN

Which Is Yours?

Oily Skin. Caused by excessive secretion in oil glands. Has a greasy, shiny appearance—a tendency towards enlarged pores and blackheads. Looks coarse; powder does not stay on.

Dry Skin. Note how the oil glands are shrunken and inactive; do not supply sufficient nourishment. Skin flakes off like fine dandruff because it lacks oil. Skin wrinkles and is affected by the wind and by the use of ordinary soap.

Normal Skin. Clear, firm, delicately colored. Soft and smooth. Wrong treatments cause normal skin to become either too dry or too oily, loses natural vitality and becomes faded and colorless.

See for Yourself the Amazing Results of the New Discovery

The complete treatment for each type of skin may now be had in a combination set which includes a special soap, a day cream, a night cream, and a jar of the wonderful Beauty Secret, together with an interesting booklet that tells all about the three types of skin and their care.

You have only to use the combination set—known as the Luxtone Beauty Combination—which is designed for your type of skin, in accordance with directions. And in order that you may do this without risking a penny and see for yourself its wonderful results, a special offer is made to readers of this magazine.

Make This 5-Days' Trial

Simply indicate on the coupon below whether your skin is Oily, Dry or Normal, and send to me—Marie Franzan, care of the Luxtone Company. You will receive by mail the Luxtone Beauty Combination you need. When it arrives, pay the postman only $2.00, the special low price.

Then, if after 5 days' trial, you are not more than delighted with the improvement in your complexion, your money will be refunded without question.

This is a special offer. Mail the coupon *now* before it is withdrawn.

Just indicate your type of skin on the coupon below, and mail today.

THE LUXTONE COMPANY, Department 710
2703 Cottage Grove Avenue, Chicago, Ill.

THE LUXTONE COMPANY, Department 710
2703 Cottage Grove Avenue, Chicago, Ill.

I would like to try the special treatment for my type of skin. Send me the Luxtone Beauty Combination. Also booklet on Complexion Correction. I will pay the postman $2.00 on arrival. My money is to be refunded if I am not entirely satisfied after 5 days' trial.

For ☐ Oily ☐ Dry ☐ Normal
(Please check your type of skin)

NAME.....

ADDRESS.....

$35 DUMB BELL

OUTFIT FOR $17

To advertise my latest Strength Maker Model Bar Bell outfit I am going to sell a limited number at less than half price. This outfit sold at $35.00 during the war, at $25.00 before the war. Today I am selling it at $17.00, which is 32% less than pre-war prices.

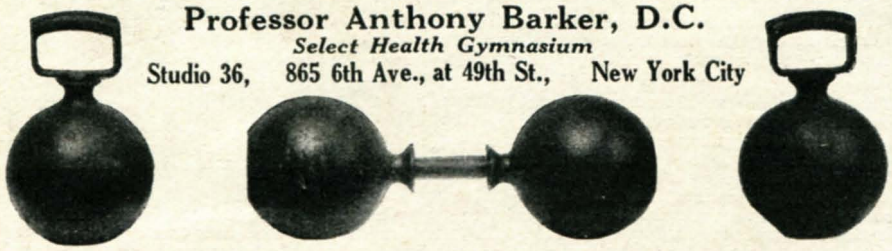
The Strength Maker is interchangeable. You can make it into a long bar bell that weighs about 40 lbs., empty, or a short bar bell that weighs about 35 lbs. empty, or two ring weights that weigh about 20 lbs. each empty. You can load them with sand, which will make the weight as heavy as you should ever need for all purposes of health and physical powers. Should you wish a very heavy bell you can use lead shot, which will make the long bar bell about 210 lbs., short bar bell about 200 lbs., and ring weights about 100 lbs. each.

You receive with each outfit the most complete and up-to-date instructions published on how to use long bar bells, short bar bells, ring weights or kettle bells. The above method is the system that I have so successfully used to develop thousands of men and young men into strong, healthy specimens of superb manhood for the past 35 years in my fourteen gymnasiums in New York City.

You can become as strong as you want, also obtain robust health, and perfect physical development in a very short time. After one month's use of the Strength Maker Outfit you will be convinced that it was the best investment you ever made. The Strength Maker will bring much better results than you would obtain from any mail course or expensive gymnasium course.

This offer is liable to be withdrawn at any time. I believe in the near future I will be compelled to charge $30.00 for this outfit, so here's your chance to obtain the complete course in physical culture for home training and the remarkable bar bell outfit at the bargain price of $17.00, I would strongly suggest that you send a post office money order for $17.00 before the bar bells are all sold. Send your order today, now, before you forget.

Professor Anthony Barker, D.C.
Select Health Gymnasium
Studio 36, 865 6th Ave., at 49th St., New York City



Dr. Crandall's
Health School
The Shortest Route To Health

Physical and Physiological Reconstruction. Absolute *Toxin* Elimination.

We Teach You How To Eat, Breathe, Bathe, Exercise, Rest and Think for Health.

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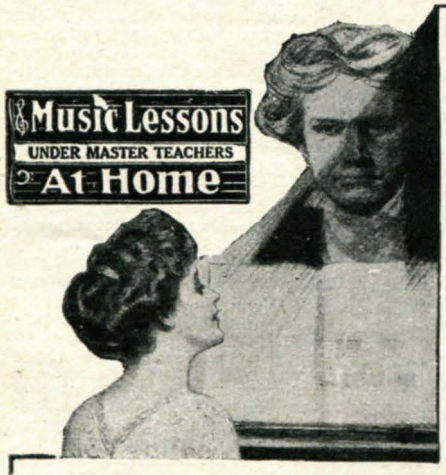

Let a Master Teach You Music

You can take music lessons under America's Master Teachers in the privacy and quiet of your own home at small cost. You can learn to play any branch of music in a short time with the same ease and success as though you came to Chicago to study. You can thus satisfy your musical ambitions whether for pleasure, accomplishment, or professional success. The lessons are a marvel of simplicity and completeness. The ideal of a genuine conservatory of music for home study based upon lessons containing the cream of the life's teaching experience of master musicians reinforced by the individual instruction of specialists is now attained.

Piano
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Write, telling us the course you are interested in and we will send our catalog describing the course you want.

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River, near by. It was an evening such as never loses its charm for me, though I have had many of them.

A slow rain began falling during the night, and the air turned much colder. Our camp looked rather dismal next morning, and we were not at all vexed when our kindly old host came out and insisted that we join the family at breakfast.

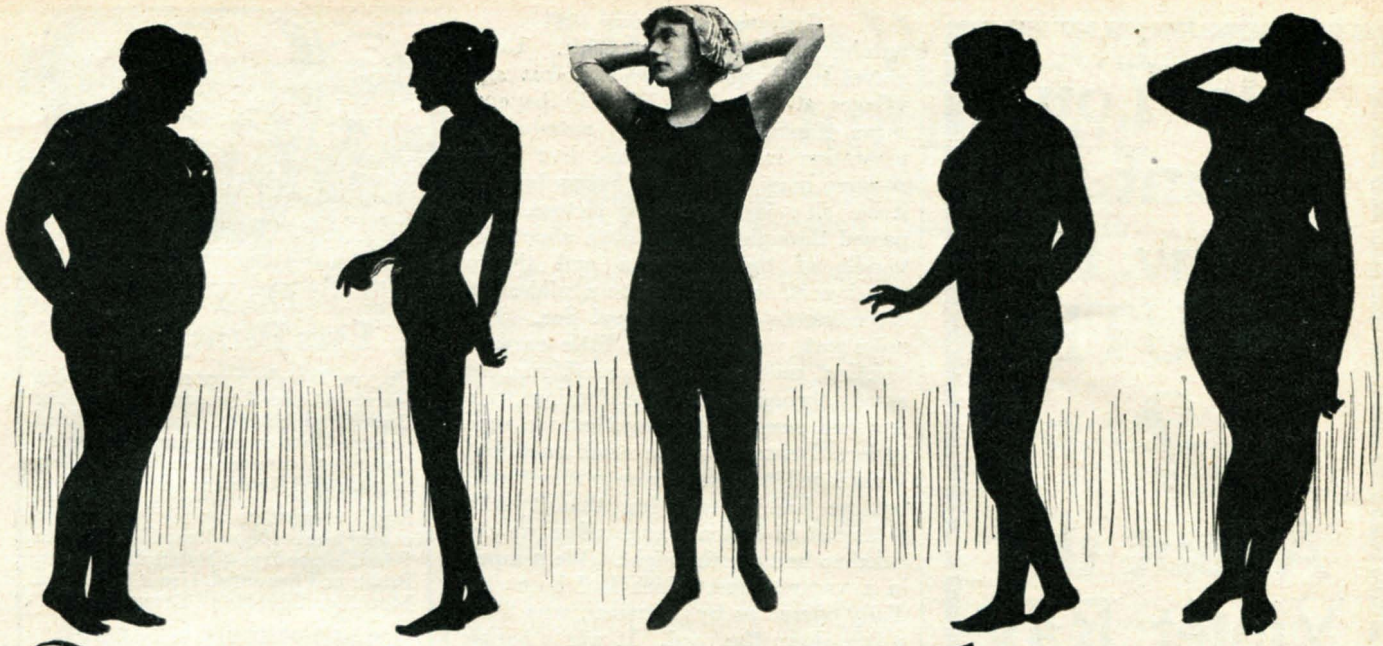
Our journey from there to Brewton, a distance of twelve miles, was one of the most exciting experiences of our trip. The rain had made the road a thin slush of sand and water over a hard bottom, and although we had rear chains on, we skidded as if on ice. Susie did about half the distance sidewise, and the remainder diagonally, backward or in long spirals, caracoling, curveting, neighing, and bucking like a blooded horse. How we escaped piling up in the ditches I cannot explain. We did the twelve miles in something over an hour, and settled down for the rest of the day and a night before a great pine fire in an enormous fireplace (into which D. could have walked, standing erect) in the lobby of a comfortable hotel, where the leading men of the town sat absorbedly for hours over games of dominos.

We had experience with dry sand on the following day between Pensacola and Mobile, when we ran over about four miles of narrow road through sand flats —just two wheel tracks through loose, apparently bottomless sand, with ditches on either side. The car skids and slues to and fro in such a place, apparently trying to climb out of the ruts, and one must drive slowly. If we had met another car on that stretch, somebody would have had to back up a mile or two; for if a car ever got out of those ruts it would slide into the ditch; and once there, although the ditch was comparatively shallow, nothing but a crane could ever have set it back on the road again.

Of the beauty spots along the Gulf coast I haven't space to write, for this is not a travel article; but suffice it to say that we yearned to settle down and spend at least a few years at Pensacola, but promptly transferred our affections next day to Fairhope, that delectable community on the bluffs on the east side of Mobile Bay, where we took ferry for Mobile. But later, when we saw Biloxi and Pass Christian and Bay St. Louis and New Orleans, we were glad that we hadn't stopped for good at Fairhope. We spent six happy weeks in New Orleans and vicinity, to me the most fascinating city and locality in America. We saw spring come there, with a glory unknown in the North, and we accompanied it northward.

It was a beautiful April day when we drove from New Orleans to Baton Rouge —one of the prettiest trips of our two lives. The way lay up the west side of the Mississippi, though both of the

(*Continued on page 108*)



Can you guess the ages of these five women?

Above are shown the silhouettes of four women and the figure of Annette Kellermann who is older in years than any of the others. In this article she tells how any woman can have a beautiful, youthful figure through her own simple, delightful methods

By *ANNETTE KELLERMANN*

AT the top of this page are shown the figures of four women in silhouette. I had them shown in this way because I wanted to bring out just the outlines of their figures. My idea was to have you see how we judge a woman's age by her figure. No matter how young she may really be, her figure can make her look like an old woman. On the other hand, a youthful figure can make even an elderly woman look positively girlish.

In the center my own picture is shown for purposes of comparison.

Now after I had had these silhouettes made—and they represent actual types, mind you—my first impulse was to tear them up and throw them away, for they bring out, even more forcibly than I myself had expected, the deficiencies of these women's figures. They seemed to show all too clearly the terrible handicap imposed upon women who have unlovely figures; then it struck me that I could do womanhood the greatest service in the world if I COULD show them what they LOOK like and HOW THEY CAN CHANGE their appearance, in the same way that I did mine.

My thought was to *arouse* women to a sense of DUTY to themselves and their loved ones, to point the way to a YOUTHFUL figure and YOUTHFUL health, strength, vivacity and sheer joy in living. I am so anxious to END suffering among womankind, that I have taken this page to invite you just to WRITE me and learn about my methods. You can see for yourself from the pictures above that an ungainly figure, too thin, slouchy, must make us look much older than we are, to say nothing about the awful sense of weakness, pain, inability to enjoy life which such figures usually mean.

My Own Story

I believe I am qualified to help women because I have been through experiences similar to yours. When I was a child I was so weak, so puny, so underdeveloped that my parents and physicians never expected me to be anything else. Yet in spite of this poor start I became known as the "most perfect woman" all over the world. I have posed for sculptors, for artists, for photographers. I have been measured by physical culture scientists and college professors, all over the world. I have appeared on the stage and in the movies in every corner of the globe. Yet all this admiration, all this esteem heaped upon me has made me think of one thing: why have I been able to do what I have done, when so many millions of women fail? And I set myself to the task of advising these women of my methods.

Of course I could only reach these women by mail. But I have done this for more than ten years. How successful my plan is can be determined when I tell you that literally *thousands* have already adopted my methods with amazingly satisfactory results.

HERE ARE THE AGES

of the women whose figures are shown above

1. The first woman whose outline is shown above is only 26 years old. But wouldn't you think she is at least 40? A stout figure always makes a woman look years older than she really is.

2. This is a woman who has let herself get too thin. She is positively angular. If you could see her face you would see how wrinkled her skin is, how emaciated she looks. She too looks about 40, but she is only 19.

3. This is a picture of myself which shows what my methods have done for me and how they will bring any one a youthful, graceful, delicately modeled figure. My age? All I need say is that I am older in years than any of the others whose silhouettes you see.

4. And in Number 4, we see another common condition, and a very unsightly one. Large, unfirm busts make this girl look like a middle-aged matron; yet she is not yet thirty.

5. Here is a woman who has that common disfigurement—large hips. Nothing makes a woman look more ungainly or so mature. Would you guess that she is but 25?

What Type of Figure Have *You?*

If you have too much flesh, on any part of the body, if you are scrawny and thin, if you do not stand and walk gracefully, charmingly, if you are tired, listless, "worn out at the end of the day," if you suffer pain at any time, from any cause, you are not in perfect health, and I believe I can help you. At any rate it will cost you nothing to find out. Surely that is fair, isn't it? If I do not help you I am not entitled to anything; but if I do, it will be worth any amount of money to you—whatever price you place upon a good figure, poise, charm, youth and health. Yet if I do help you, and you are well pleased, I ask only a small charge to cover the cost of the lessons, advertising and mailing. I can make this charge trifling because I can reach so *many* women by mail; if it were necessary for me to see each of my students individually you can readily see how limited my class would be, and how much I would have to ask for each lesson. As it is now, I charge a very small sum per lesson! And even this small amount is paid only providing my pupils are pleased!

Will You Write Me, Today?

If you think enough of your personal appearance and personal health to care about improving them as I did mine, I ask only that you write me. I have written a little five-minute booklet which tells all about my simple methods. I shall be glad to send this booklet "The Woman Beautiful" free to those who request it. Merely mail the coupon below or a letter or postal card. Just say "Send me your book" and address:

Annette Kellermann
Dept. 310, 29 West 34th St., New York City

Annette Kellermann
Dept. 310, 29 West 34th St., New York City

Dear Miss Kellermann: Please send me, entirely FREE, your book entitled "The Body Beautiful," and tell me how I can follow your own methods in my own home and quickly attain a youthful figure and perfect health.

Name .....

Address .....

City ..... State .....

Do You Want to Know the TRUTH ? About the Violet Ray

You don't have to experiment—take a chance—or spend a lot of money to find out about *high frequency* electric currents.

If you want to take Violet Ray treatments you can get the whole truth about them before you invest one cent in any outfit or course of treatments.

Know the Truth

Read what Dr. S. H. Monell, M.D., says about it in his book "The Truth About High Frequency." He tells you in language that anyone can understand just what High Frequency Electric Currents can and cannot do for you. He is an acknowledged authority on electric therapeutics who tells the whole truth about the Violet Ray.

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Slip a dime into an envelope and enclose the coupon below for an unbiased, authoritative statement by one who knows what the Violet Ray can actually do.

We can refer you to dealers who will demonstrate reliable Vi-Ray-O outfits.

Western Coil & Electrical Company
Dept. A **Racine, Wisconsin**

Enclosed find 10c for "The Truth about High Frequency."

Name .....

Address .....

City ..... State .....

(*Continued from page* 106)

termini are on the east side. Good gravel roads, quaint Creole towns and villages strung along leisurely bayous, sugar plantations, fine old ante-bellum plantation mansions, titanic live oaks, swaying moss, deliriously happy birds—it was all a joyous moving picture. We passed through Baton Rouge about the middle of the afternoon and thence struck northeastwardly into a wilderness extending to the Mississippi line. Ten miles out, we were on a little narrow, twisting, muddy country road, running mostly through woods, for clearings were few and small. We saw that we were in for adventures. We stuck once, but I managed to work loose without aid; but we had covered less than twenty miles out of Baton Rouge when we decided to halt for the night. We camped in a vacant house which had been cordially offered us by its owner, who lived a mile down the road. It was a happy thought. We ran the car under the barn shed. We set up our tent-bed inside the house, and cooked supper over our alcohol lamp on a convenient shelf on the front porch. The clouds were heavy, and a drop or two of rain fell at intervals. Not a soul passed along the road from the time of our arrival until dark. This particular part of Louisiana is one of the loneliest-looking sections in the United States. There was only a small clearing around the house and a field across the road; then all was surrounded by dense pine and hardwood forests.

After supper we read for a little while by our camp lantern, then turned in. Just after I had blown out the candle and pitch darkness had enfolded us, there came suddenly from the woods back of the house the unearthly cry of a barred owl. It was quickly answered from another direction and then by a third from another; for several moments there seemed to be three or four of them calling. The cry of this weird denizen of the night is one of the most blood-curdling things in all nature, and sounds like nothing so much as the gibbering of a maniac. Its effect on a dark night in that lonely spot would have to be felt to be appreciated.

"Good Heavens!" whispered D. "Shut that door and lock it! It makes me feel as if all sorts of wild animals might come in on us!"

I locked the door, though there was really little danger. There are a few bears and wildcats in the big woods of Louisiana, and in the still wilder parts an occasional cougar or timber wolf; but we were safer there that night, I doubt not, than we are in the heart of New York City to-day. It gave one a bit of a thrill, however, and I'd like to be back there and hear those eerie cries again to-night. The owls quieted down presently, and we heard no more of them until we went to sleep.

(*Continued on page* 110)

Do Your Eyes Betray You?

Do your Eyes show your Age—or Make you seem Older than you are? Are they Dull, Tired, Lifeless? There's No Need to have Unattractive Eyes, for *Murine* Quickly Restores the Bewitching Sparkle and Radiance of Youth.

Murine contains no Belladonna or other Harmful Ingredients. It Refreshes Weak, Weary Eyes—Makes them Clear, Bright and Beautiful. Use it Night and Morning. Sold by all Druggists.

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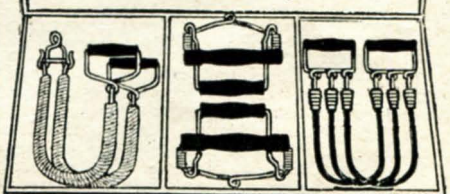

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MORE than 300,000 persons are following these instructions to-day. They will do more to build beauty than all the paint and powder in the world, for they get right at the root of your facial defects and overcome them.

Not simple or silly. Just physical culture applied to the facial muscles; common sense—that's all. If you want to improve your looks send 25 cents in coin for this book, today, at once, while it's on your mind. This book is equal to a $25.00 Beauty Course.

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Gray Hair Discovery Restores Original Color

Men and women everywhere are banishing gray hair without using ordinary hair dyes. Many use this new discovery to stimulate growth of new hair as well as to restore color.

"ONE-HALF bottle has changed my hair back to its natural color," writes Miss D. M. Goodrich, R. F. D. 2, Olivet, Mich.

And a man, Mr. Arthur Jordan of Cleveland, Ohio, says, "It cleared my hair of dandruff, stopped the hair from coming out and restored its natural color."

Hundreds of letters, as enthusiastic as the above, come to us entirely unsolicited. They furnish the most convincing kind of proof that there is no longer any excuse for gray hair. They show that no man or woman should let fading hair interfere with the woman's social pleasures or the man's business chances. No matter what may have caused their hair to lose its color—worry, illness or advancing years—these users have found that the new discovery, Tru-Tone, restores the natural color of the hair and makes it lustrous, beautiful and healthy.

Restore the original color of your hair thru this new discovery. Then it will also be lustrous, fresh and healthy. No one will suspect that it had ever been gray or faded.

Remarkable Results in a Week

"I am very much pleased with Tru-Tone. I have used it for one week, and it has stopped my hair from falling out," writes Mr. Gideon Shadle, of 1115 W. Arch St., Pottsville, Pa.

"My hair is starting to turn back to its natural color. I am delighted with Tru-Tone," states Miss Rose Burnett, of 273 W. 140th St., New York City. And Mrs. H. W. Klagges of 8 So. Sprigg St., Cape Girardeau, Mo., finds that not only does Tru-Tone restore color and lustre to gray hair, but as her letter states, "My hair is very much more fluffy and seems thicker."

And so the letters run. Men and women users of Tru-Tone seem to be so astonished and so grateful for the manner in which their gray hair was restored to its original color that they simply cannot refrain from expressing their gratitude. Their letters prove that Tru-Tone actually does restore the natural color of your hair.

Men Are Delighted With Tru-Tone

Men have discovered that it is "good business" to look young. Employers want men who are in their prime—who have lost none of their early "pep" and energy. People prefer to do business with men who seem vigorous and alert. Yet no matter how well and energetic a man may be, gray hair imparts an appearance of age—makes it seem as if one had "slowed up." That is why men are so enthusiastic over Tru-Tone. It takes years off one's age because it restores the original color in a way that cannot be detected.

How New Discovery Restores Natural Color

Tru-Tone, the marvelous scientific discovery, quickly restores the true, original color to gray hair—to hair that has blanched. It is not an ordinary dye, or stain, or tint. It is pleasant and simple to use—none of the muss and trouble of ordinary restorers.

It makes no difference whether your hair was black, brown, blonde or auburn — Tru-Tone works equally well, making your hair appear the same as it was before it had even a trace of gray in it. It makes no difference how gray your hair is—Tru-Tone will restore it, and no one need know you are banishing your gray hair if you don't want them to.

Gray Hair Is Hair That Has Blanched

Knowing that gray hair is simply colorless hair — hair that has blanched — Science has long sought for the elements which would re-pigmentize (recolor) the hair. It meant years of research and experiment to find the right elements; and it remained for a clever Domino House chemist, to find the *right* proportions in which those elements had to be combined. He began where others had *left off*. Tru-Tone, his discovery, answers the question that thousands of men and women are asking: "How shall I restore the true, original color of my hair?"

Special Introductory Offer
Send No Money

We want you to become as firmly convinced as we ourselves are, that Tru-Tone is a marvelous scientific discovery—a discovery that will bring happiness and a new, youthful appearance to thousands of men and women whose hair is gray or beginning to turn gray. We want you to be convinced that these wonderful benefits are obtained without any drawbacks—that far from being injurious, Tru-Tone actually benefits the hair; that it stimulates growth, health and lustre at the same time that it restores the original color. We want you to see how natural the regained color looks—just as though your hair *had never lost* its color. So try this wonderful discovery under our liberal guarantee of absolute satisfaction. This guarantee is backed by a special deposit of $10,000 in the Producers and Consumers Bank of Philadelphia. Don't send any money in advance. Just mail the coupon or a post card. A full sized package of Tru-Tone will be sent at once—IN PLAIN SEALED PACKAGE. No marks to indicate contents.

ONLY $1.45 *Send No Money*

When your package arrives, give the postman only $1.45 (plus the few cents postage) for the full-size $3.00 bottle. This is a Special Reduced Introductory Price, and you must take advantage of it without delay. Remember, Tru-Tone repigmentizes your hair; it restores the true color, the original color. It is as though some magic hand had combed the natural color back into it again!

Don't miss this opportunity to get your bottle of Tru-Tone at the Special Reduced Price. Mail this coupon or a postcard today. Don't put it off—tomorrow may be too late. Do it NOW, while you are thinking of it. Domino House, Dept. T-2210, 269 So. 9th Street, Philadelphia, Pa.

DOMINO HOUSE, Dept. T-2210
269 So. 9th Street, Philadelphia, Pa.

You may send me a $3.00 bottle of Tru-Tone. I will give the postman only $1.45 plus postage in full payment. Although I am benefiting by this special reduced price, I am retaining the guaranteed privilege of returning it after a fair trial, and you agree to refund my money, if I am not delighted with results. I am to be the sole judge.

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Address.....

If you wish, you may send money with coupon and save postage. (Price outside U. S., $1.60, cash with order.)

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Not one of these jobs is beyond your reach—Which one do you want?

The kind of a fellow who gets ahead today—and holds one of these high positions is the fellow with *training*. Nowadays employers can find men with training very easily, because colleges are graduating them pretty fast—so the fellow who had to leave school early is handicapped unless he gets training during his idle hours.

Today, you can get it in your home town, every man can, regardless of how much time he spent in school. And you can make every hour of your practical experience pay big dividends as well. American School training was made for YOU and has brought success to thousands.

Big Raise in Salary

It is easy to get, if you go about it in the right way. You have often heard of others who doubled and trebled their salaries in a year's time. You wondered how they did it. Was it a pull? Don't you think it. When a man is hired he gets paid for exactly what he does, there is no sentiment in business. It's preparing for the future and knowing what to do at the right time that doubles and trebles salaries.

Why Don't You Try It?

Why don't you see what an American School course will do for you? Our experience in helping thousands of others will surely help you get to the top. If you really want to get ahead, get busy and—

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Send us your name and address on the coupon. Just write underneath, in the coupon what job you want to hold. We'll tell you how you can get just the training you need right in your own home.

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(*Continued from page* 108)

We did more hard work next day than in any other day of our history. There had been heavy rains recently, and the few roads through the backwoods were simply a succession of mudholes. There is never any stone or gravel on them, for there is none to be had in the vicinity. There is one county (or parish, as they call it) in northeastern Louisiana which hadn't a culvert in it then, and probably hasn't yet; we drove through every brook and small creek, only the larger streams having wooden bridges over them.

We left our empty house at 7:30 A. M. with the sky still lowering, and in less than half an hour were stuck fast on a short ascent which was just a mass of gluey mud where the wheel rut had been cut down on one side until it merged with a shallow ditch, giving Susie no chance for a foothold. I went back half a mile and engaged a farmer and a mule. The latter had had no experience in pulling automobiles. Her method consisted of giving a tremendous jerk and then pausing for a few minutes to note the effect. About the third time she did this, the car had succeeded in taking hold of the soil and acquired a little impetus of its own, with the result that we collided with Maud and she sat down heavily on the bumper, bending it out of all semblance to itself. When we were on solid ground again, I asked the farmer if there were any more bad spots in front of us. He could recall only the one at Bill Gubbins's house (and Bill ought to be ashamed of it, too, he declared) and the one at the nigger church and six or eight others—he didn't know the road very far. I found it advisable that day when asking for directions, to mention nothing farther than the next hamlet or post-office ahead, as no one's knowledge extended any farther than that. I asked a woman about the condition of the road to her nearest town, a collection of half a dozen houses five miles away, but she could tell me nothing, as she hadn't been there, she said, in a month.

I don't think I ever saw so much mud in my life. When we approached a particularly bad hole, D. would go ahead with a long stick and sound the pools for depth. Sometimes I would get out, too, and we would hold a consultation as to the best course to be taken through the muck. Time and again we gathered brush and bits of timber and cut off armloads of pine boughs to put in the deepest holes. At one place I built a sort of bridge with a pole or two and rails from a worm fence. In struggling through these places, with a deep hole on first one side and then the other, the car would be twisted as one wrings a wet rag, sometimes causing the hood cover to spring out of its channels. My wonder at the stamina and pulling power of the car was greatly increased by that day's work.

At noon we had been working four

(*Continued on page* 112)

How Walter Camp Put Joy Into Living

Famous Yale Coach shows How to Keep Fit in Ten Minutes' Fun a Day —His "Daily Dozen" Exercises Now Set to Music on Phonograph Records

THOUSANDS of men and women — once flabby-muscled, low in endurance, easily fatigued by ordinary mental or physical exertion—are today facing their daily work with new ability and new energy. They are no longer nervous. Their bodies have been rebuilt; their endurance has been strengthened; their minds are clearer —all through *ten minutes' fun a day.*

Today, "that tired feeling" is something practically unknown to them, for they have built up a new supply of life. They have increased their efficiency, they eat better, sleep better, feel better, and have found a new pleasure in living.

These people owe their improved health to the fact that they devoted a short time each day to a new scientific system of physical development. And the remarkable part of it all is that while they were thus building up their bodies—they exulted in the exercise. It was not drudgery, it was fun!

This remarkable system of body building was devised by Walter Camp, the famous Yale football coach. People who have used it say they think it is the best method they have found of keeping fit. According to physical culture experts who have studied it, this new method will often accomplish *in just ten minutes* more actual good than a half hour spent in strenuous gymnasium exercise.

Mr. Camp has embodied the complete system in twelve simple movements which are known as the "Daily Dozen."

The "Daily Dozen" were first used as a much needed substitute for the tiresome setting-up drills used in training camps during the war. Their immense value was quickly apparent and before long members of the Cabinet as well as other prominent men were relying on them as a guard against physical breakdown due to overwork.

Since the war, the "Daily Dozen" have been making thousands of busy men and women fit and keeping them so. And now the exercises are proving more efficient than ever. For a wonderful improvement has been effected in the system. Here it is:

With Mr. Camp's special permission, the "Daily Dozen" exercises have been set to music on phonograph records that can be played on any disc machine.

A chart is furnished for each exercise—showing by actual photographs the exact movements to make for everyone of the "commands"—which are given by a clear voice speaking on the record. The most inspiring music for each movement has been adopted. A fine, rousing tune, such as the great Sousa melody, "The Stars and Stripes Forever," has a wonderful effect. It is elating; and it adds spirit to an activity that was monotonous before this invention.

Another reason for the wonderful effectiveness of the "Daily Dozen" is because they are based on natural methods of body-development. Take the tiger in the zoo. He is caged in, removed from his natural way of living—just as we, through the centuries, have grown away from our natural way of living. Yet the tiger keeps himself in perfect physical condition — always. How?—by constantly stretching and turning and twisting *the trunk or body muscles.* And that is where Mr. Camp says we must look after ourselves! It is on just this principle that he has based his "Daily Dozen."

You cannot fully appreciate the real joy of doing the "Daily Dozen" to music until you try them. The exercises are *thorough* in every way—yet it's such good sport doing them to music that you actually *do not realize* that you're taking exercise!

You owe it to yourself to try the benefits of the "Daily Dozen." You will feel better, look better, and have more endurance and "pep" and you will find those few minutes the best fun of your day.

FIRST Record FREE

So that you may see for yourself the wonderful benefits of the "Daily Dozen" we will send you the first of the set absolutely free—for 5 days' trial. This full size, ten-inch double disc record, playable on any disc machine, contains the first four exercises of the "Daily Dozen." Keep this record for five days and experience for yourself the remarkable benefits to be obtained from ten minutes' daily fun.

Do not send any money. Simply mail the coupon below and we will send you postpaid, the full-sized record, with instructions and a booklet by Walter Camp, all for 5 days' Free Trial. After five days you may, if you wish, return the record and instructions and you will owe us nothing. But if you decide to follow the complete Walter Camp System of Health Building, as you surely will, we will send you the remaining records of the System, complete with charts containing 60 actual photographs and instructions. But do not decide until you have taken advantage of this Free Trial offer. Remember, the first record is sent you at our expense, so do not hesitate to mail the coupon now—before you forget it. Health Builders, Inc., Dept. 210, Garden City, New York.

------Trial Record Coupon------

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Please send me for FREE TRIAL the first record of the famous "Daily Dozen" Exercises. I will either enroll for the complete Health Builder System or return the trial record in five days.

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Have you ever noticed a cartoonist draw? A short line here. Another there. A small curve. A splash of shading—and you have a wonderful picture! It was all so easy—because he knew how—he knew which lines to use and just where to put them. Through this New Easy Way to Draw you too can learn the Magic Power of a Few Little Lines and how to make big money in drawing them!

New Easy Way to DRAW

How Easy!

Note how these few little lines are transformed into a picture.

One of the most fascinating, best paid businesses—yours after a few minutes' training a day.

Delightful pastime! Endless fun! Acquire the knack in your spare time.

Invaluable asset in your present business. A few lines can drive home your intangible ideas. New way makes it easy to learn drawing.

THIS wonderful new method makes it possible for **anyone** to learn Illustrating, Cartooning, or Commercial Art. Hundreds of our students are now making splendid incomes. And most of them never **touched** a drawing pencil before they studied with us.

The simplicity of this method will astound you. You will be amazed at your own rapid progress. You learn by mail—yet you receive **personal** instruction from one of America's foremost Commercial Artists of 30 years' successful experience. —Frank Godwin and Wynn Holcomb (Wynn), the famous artists, are but two of his many successful students. Get into this fascinating game. NOW. You can easily qualify and make big money. A few minutes' study each day is all that is needed.

Newspapers, advertising agencies, magazines, business concerns—all are looking for men and women to handle their art work. Cartoonists and designers are at a premium. Dozens of our students started work at a high salary. Many earn more than the cost of the course while they are learning!

YOU—with a little spare time study in your own home—can easily and quickly get one of these big-paying artists' jobs.

This amazing method has exploded the old idea that talent is an absolute necessity in art—that "It's all a 'gift'." Just as you have learned to write, this new method teaches you to draw. We start you with straight lines, then curves. Then you learn how to put them together. Now you begin making pictures. Shading, action, perspective, and all the rest follow in their right order, until you are making pictures that bring you from $50 to $500 or more! Many artists get as high as $1,000 for a single drawing.

Big money is gladly paid and big money is waiting for anyone with foresight enough to prepare for this pleasant profession. Through our new easy method of teaching, YOU can earn big money as an artist, **regardless of your present ability.** Mail coupon today for interesting booklet telling all about it.

Coupon Brings Fascinating Booklet

An interesting and handsomely illustrated booklet, "How to Become an Artist," has been prepared and will be sent to you without cost. It tells how you can easily become an artist in a few minutes' daily spare time and at a cost of a few cents a day. Explains about this amazing method in detail. Tells of our students—and their wonderful progress—and how we can qualify you for a high-salaried artist's position. Booklet gives full particulars about our "Free Artist's Outfit" Offer. This booklet will be sent free, and without obligation. Read all about this amazing New Easy Way to Draw and how you can quickly learn, at home in spare time. Fill out the booklet-coupon now. Mail it TODAY.

Mail coupon today for this fascinating booklet, and learn how you can become an Artist in a few minutes a day of your spare time. Cut out coupon and mail NOW.

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Dr. JEANNE P. C. WALTER
353 FIFTH AVENUE NEW YORK

(*Continued from page* 110)

and a half hours, and had advanced thirteen miles! We did a little better in the afternoon, though we negotiated some entirely novel hazards. One, for example, was a bridge over a swamp, one span of which had broken in the middle, the two ends dropping to the ground at a steep incline. Fortunately, the broken span was over comparatively solid earth, so someone laid a few bits of plank on the ground as a sort of floor between the ends of the broken span, and you dashed down the slope on one side of the break at top speed to get impetus enough to help your poor, overworked engine up the stiff pull on the other side.

It was that afternoon that we came to the lake, too. It was a fearsome sight—covering the road for fully two hundred yards, and extending out into the woods on either side. There was no telling how deep it was. My wife wanted to start back to New Orleans, but we were too far advanced for that. I went back to the nearest farm to ask for advice. The farmer said there was no way around without many miles of detour. He averred that cars had been through the place in the past week, and added, solemnly, "If you aim right through the middle of it and keep there, and your car pulls well, you may git through; but if you git off to one side or to'other, no tellin' what'll happen to you."

I sent D. across on a walk of plank, slabs and logs, partly floating, partly supported, which ran along the fence on one side; and putting 'er in low, I "aimed right through the middle." We rocked, jolted, bounced, reared over unseen obstructions and sent a perfect tidal wave of water clean over the top of the car—but we went through! Susie was acclaimed as the gamest car we ever saw.

That afternoon, when we were hoping that the worst was over, we hung up again. We were climbing a steep hill and the ruts were so deep that the crank case fairly ran aground on the high ridge of earth in the center of the road. I worked for a while, but had been unable to move when a man came along on horseback and readily undertook to help me. He tethered his horse in the bushes near by and set to work. I had gotten small pieces of timber under the rear wheels. He put a long pole under the rear axle as a lever, and when I started the engine, he fairly lifted the car and urged it forward—and in a moment or two we were free again. When I turned to thank him, I saw him standing on the bank, looking about vaguely.

"What's the matter?" I asked.

"My horse is gone," he replied. Then I had to spend twenty minutes helping him chase that animal all over the woods!

When we drove into Kentwood, a busy little lumber town on the northern border of Louisiana, late that afternoon, we had toiled nearly nine hours and advanced forty-three miles! And yet so hardened were we by two months of outdoor work

that after a bath and dinner, we went for a stroll about the town.

We had some strenuous experiences in Mississippi, too. At one place I made two breaches in a farmer's fence in order to drive through his meadow and avoid an absolutely impossible piece of road. At another place I came across one of those country drummers in trouble in a terrible mudhole. His fore wheels had jumped out of the rut and the car had shot off at a tangent into a shallow ditch full of soft mud. His right front wheel was buried clean out of sight. He had been to the nearest cabin for help, but the only man available was a negro with one wooden leg—and naturally, he wasn't much good on a heavy track. Just as I came in sight, he bogged down in the ditch with that peg-leg, plumb up to the hilt, and had to be pulled out.

Susie went through the mudhole like a little lady, and having gotten past the swamped car, I hooked my steel towline to it, and after some terrific scratching, pulled it out on the road again. The owner then headed for the mudhole once more, but would have stuck had not poor old Peg-leg and I put our shoulders to his car and helped him through.

As we drove north from Meridian, we began to hear terrifying reports about the big mudhole at Wahalak—or was it Shuqualak? I wish I could remember. Anyhow, it was north of Sucarnoochee. We told each other that if that hole was any worse than the ones we were passing through, it must be a humdinger. A kindly traveling man—another of those Samaritans—stopped us with upraised hand, hopped out of his tin car and gave us minute directions how to get through it as well as a dozen other hazards of the road immediately in front of us. Thanks to his advice, we triumphed over the Big One and many others, but had a gruelling day's work before we arrived at dusk at the pretty, sleepy old town of Columbus.

We thought we had had all conceivable sorts of road adventure, but we discovered a new one on the following day on our way to Birmingham. We had been having some rough work over the hills, but little mud, and were running without chains. Suddenly, when going up a steep little slope, we ran onto a mudhole which some neighborhood genius had tried to remedy by filling it for a distance of about fifty feet with ground-up sugar-cane—what the Louisianians call "bagasse." This shredded cane stalk formed a sort of springy mattress into which the wheels sank but spun as if on ice. We bounced and skidded, and in about a minute we were crosswise on the road, and a narrow road at that with ditches on either side. I saw that I would have to put my chains on in order to get out, but how to get them on was the question. I would have to jack up the car to apply them, and I could find no firm foundation for the jack until I thought of trying our shovel. A motor

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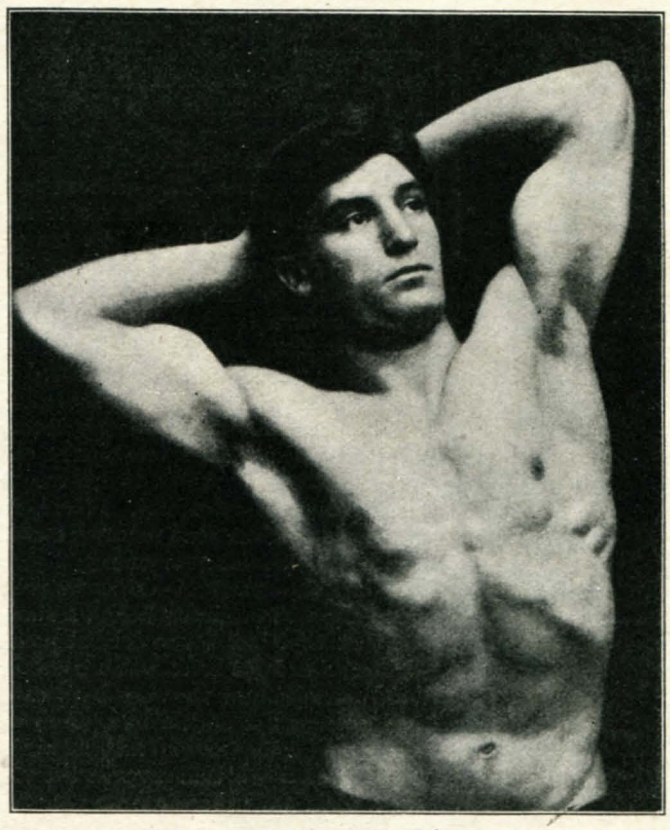

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Just like a wonderful game!

At the seashore, in the gymnasium, in their own homes and even at the homes of friends, thousands follow our instructions for PLEASURE! It's just like a wonderful game—and you forget that you are making a man of yourself in the sheer joy of playing it. No dieting, no strenuous exercises, no apparatus is required. You become perfectly healthy and phenomenally strong *naturally*—without the disadvantages of exercising for the sake of exercise alone.

Eliminate your weaknesses

Resolve that you will no longer let weakness undermine your health. Think of your sweetheart, your wife and loved ones at home. They want a man they can look up to, admire and respect—*and you must not disappoint them.*

Our methods enable nature to overcome such ailments as constipation, prostate trouble, nervous depletion, bad blood, round shoulders, flat chest and the many other results of physical neglect and carelessness.

You can be just as healthy, strong and agile as anyone. *You* can secure the admiration of every one both male and female. *You* can develop the nervous energy, aggressive dominance and mental alertness that makes others successful. *You* can be everything that a man should be.

The opportunity is yours! Will you accept it?

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"We realize that muscular strength does not necessarily insure us of health, agility and ability to do things that require clever combinations of muscle action. Where exercise is sport, is good fun, it does more than build muscle and bring health. When we laugh and frolic we expand our muscles, work better, our blood flows more freely and the brain is clearer. Then it is recreation. We are made over—we forget the effort put forth and the little daily worries slink away.

How good it is to feel that the body is developing as a whole and one part naturally in relation to the other parts. For these reasons I am firmly convinced that your methods are far superior to any others." W. J. C.

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trip like this certainly does develop one's resourcefulness. With much difficulty I got the shovel and jack under the axle, attached the chains, and after nearly an hour's work, we forged past the obstruction.

It was on a Sunday morning when we came across the luckless wight who was taking his girl to church in his car, and had charged recklessly into the ford of a small creek, striking a deep spot where the water dashed up into his hood and drowned his engine. He had been trying for half an hour to get the motor dried out and running again, and he was in a sad state of gloom and humiliation, largely due to the attitude of his girl who was about as disgusted a young lady as I ever saw. She sat in the car with lips tightly compressed and ignored the swain, even with her eyes. Selecting a shallower place, I ran cautiously through the water and when I was on the other side I hooked my cable to his car and pulled him out on dry land. I have often wondered whether that morning saw the death of a promising romance.

I had thought that I was in pretty good physical condition before I started on that trip, but I was several pounds lighter when I got back, was bronzed and hard as nails, and we were both eating and sleeping like deck hands. And notwithstanding the trouble and hard work—

"Honest, now!" said my wife the other day, when we were discussing it, "Remembering everything, would you take that trip again?"

"Yes," I replied, without hesitation. "If I could, I'd start to-morrow!"

And I would. I would know better how to meet the problems now. I'd try to go when the season was a bit less rainy, and I'd try to be more patient, and not cover so much ground. I'd know a few short cuts and detours which would decrease the toil somewhat. I'd stop longer to enjoy things of which I had only a taste before.

Some of the roughness will have been smoothed out of the roads now, for while we were down there, Alabama authorized a $50,000,000 bond issue to spend on roads, and work is going forward in other quarters as well. There will be more automobiles, and some of those charming old out-of-the-way nooks will become sophisticated.

On April fifth just past I read in the papers a dispatch from Chesuncook, Maine, saying that the first automobile ever seen in that village had just arrived, coming over sixty miles of territory thought previously to be impassable. Now I want to go to Chesuncook—before the roads are made so passable that everybody will be going there. The frontier is receding farther and farther from us. Primitive, rustic communities and opportunities for adventure are growing fewer. To the next generation our backwoods, as we slurringly call it, will be only a tradition.

(*Continued on page* 116)

Faces Made Young

The secret of a youthful face will be sent to any woman whose appearance shows that time or illness or any other cause is stealing from her the charm of girlhood beauty. It will show how without cosmetics, creams, massage, masks, plasters, straps, vibrators, "beauty" treatments or other artificial means, she can remove the traces of age from her countenance. Every woman, young or middle aged, who has a single facial defect should know about the remarkable

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which remove lines and "crow's feet" and wrinkles; fill up hollows; give roundness to scrawny necks; lift up sagging corners of the mouth; and clear up muddy or sallow skins. It will show how five minutes daily with Kathryn Murray's simple facial exercises will work wonders. This information is free to all who ask for it.

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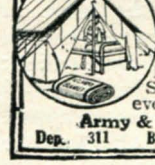

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"So great is his success that his friends have aptly nicknamed him 'The Human Money-Magnet!' "

How to Make Money Quickly When Times Are Hard!

YOU'VE heard this talk about "hard times." Lots of people seem to think it's difficult to make money and get ahead these days. Maybe you think the same way. Yet all around you are plenty of people—formerly poor—who are making *big money*. They are spending money lavishly, buying expensive automobiles, beautiful homes, taking costly foreign trips, and surrounding themselves with all the comforts and luxuries that money will buy. They are enjoying all these delights despite the "hard times" that are supposed to exist. Yet others, and *possibly you*, are barely managing to squeeze by. And you wonder how they do it!

You are not alone in these thoughts. Many people are flat up against it. They're beginning to wonder what is going to be the end of it all. They don't know which way to turn or what to do next. In their secret thoughts they're beginning to think that possibly they've lost their grip. For the first time in their life they are seriously haunted by the fear of failure.

NOW I'm going to talk to you straight—terribly straight! If you're "touchy," if your former prosperity has made you so "soft" that you can't stand hard facts, then read no further. But if you're a red-blooded he-man, and can face the *truth* without flinching, read on. For what follows will answer all the questions you've been asking yourself. It will enable you to *laugh* at these so-called "hard-times." It will *quickly* bring you the money and power you've always longed for. *Quickly?* Yes, I said QUICKLY. And more quickly by far than you ever hoped for even in your moments of greatest optimism.

Now for the *facts*. The crash has come! The business and social world has collapsed! Firms and individuals formerly firmly established are tottering or have gone to smash. More are going. Everything typical of the old order is doomed.

To get ahead in business *used* to be like going into a rich mining camp with all the *valuable claims staked off*. The outsider or newcomer had little chance. Others before him had "got theirs," fenced it off, and successfully kept the newcomer *out*.

But now all is different! The crash has come! The fences are down! The stakes are up! *The rich claims are now open to all!* It's up to you to *get yours while the getting is good!*

But first, remember this: You can't do it with the methods you *used* to use. They don't work any more. Right there is the reason why some fortunate people are making *big money* these days. They are using *new* methods to meet the *new conditions*.

MEN were being laid off by the dozen in a St. Louis wholesale house. Salaries were cut to the bone. At the height of the retrenchment, an assistant department head, whose salary had been cut in half, voluntarily quit his job. His boss told him he was foolish; tried to impress upon him the "great favor" he had done in saving him from dismissal. In less than two weeks the young man landed "soft" with another firm at a salary *greater than that of his former boss* who had bulldozed and kept him down for years.

No one ever thought that a certain young man in a New York firm would ever amount to anything unusual. Yet at a time when his firm had serious doubts of being able to continue in business, he went to the president with a new idea in selling. The young man was placed in charge of the operation of his idea. Soon the firm's sales volume, at the height of the slump, exceeded the sales it had made even in boom times. Today this firm is enjoying great prosperity. Our young friend holds a high-salaried position, with a big block of stock, and is hailed as "The Man Who Saved The Business."

A PROFESSIONAL man in Rochester was decidedly up against it. Most of his patients could not pay. Soon his savings were eaten up. In desperation he cast about for a new source of income. He decided on a certain sideline. He still continued his professional practice for sheer love of the work. In the first year alone his sideline brought him more clear profit than any four of his most profitable professional years combined.

Tired of reading pessimistic letters from his salesmen, a Chicago sales manager took a trip through some of his territories. He found that his men were right; sales opportunities were dead. But while traveling he hit upon a new plan of distribution, and hurried back to present it to his firm. It was flatly rejected.

Persuasion proved of no avail. So the sales manager took the idea to a friendly competitor who eagerly welcomed it and hired him to operate the plan. Sales came with a rush. The sales manager's salary and commissions soon amounted to triple his former salary.

His former firm sent for him and expressed deep regret at their lack of foresight in not adopting his idea. Would he consider a proposition to come back? The outcome was that he accepted an offer to rejoin his former firm as Vice-President with an income so greatly in excess of his former salary that, as he expresses it, "It makes me dizzy to think of it." So great is his success that his friends have aptly nicknamed him "The Human Money-Magnet."

THESE startling new methods for giving the laugh to "hard times" and *quickly getting what you want*, are clearly explained in William G. Clifford's masterly Course "LEADERSHIP." It doesn't matter in the least who you are or what business you are in. Apply the principles of "LEADERSHIP" and a mighty success-compelling power you never knew you had will quickly spring forth. You will become a dominant power among men and women whom none can resist. You will . . . but no need to tell you more. For we are willing to send it to you on *Free Trial*, wholly at our risk and expense. Then you can see by *actual proof* the amazing things that "LEADERSHIP" will do for you.

Here's the way to get it: Fill in the coupon. Mail it to us. As a guarantee of your good faith send with it five dollars—*not* as payment, but simply as a *deposit*. The complete Course "LEADERSHIP" will go to you at once, *in a plain package*, all charges prepaid. If for *any reason* it should fail to satisfy you, return it within five days and your five dollars will *instantly be refunded to you*. And if you decide that it's so valuable that you want to keep it—as you surely will—the five dollars you deposited makes the complete Course *yours without further payment*

So utterly confident are we that "LEADERSHIP" will benefit you as greatly as it has thousands of others, we make you the following remarkable additional offer: *If, after you have applied the principles of "LEADERSHIP" for three months, you should feel you haven't got your money's worth many times over, return the Course to us and your money will instantly be refunded.*

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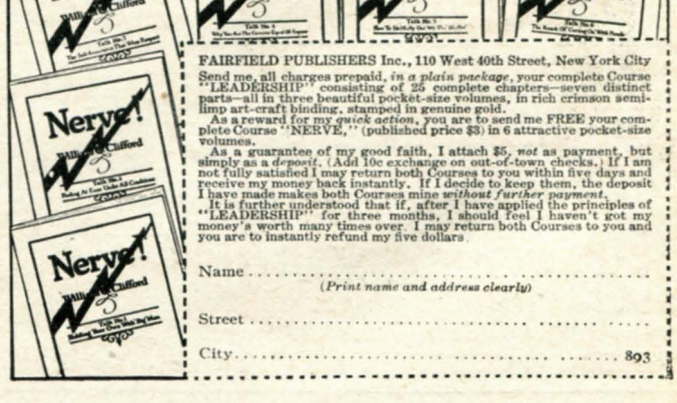

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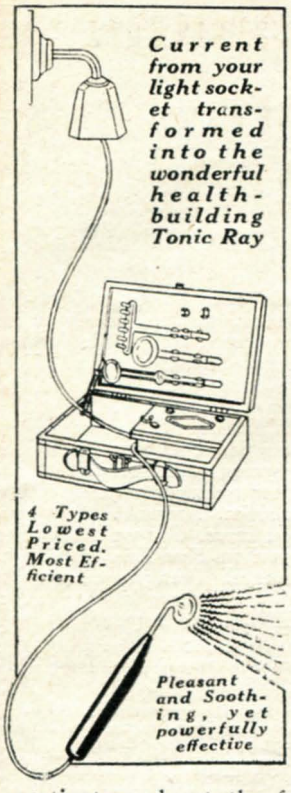

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(*Continued from page* 114)

When you start into the untraveled country in a car, go prepared with all possible devices for combating trouble, and take along plenty of patience and philosophy. Go easy. I wish more people could get it through their heads that the joy of an automobile trip does not consist in seeing how many hundred miles can be covered in a day.

Don't take dangerous risks; they are seldom necessary. Take along helpfulness, a kindly toleration and respect for the rights of others. Never damage a farmer's property or leave his gates open, or sneer at rusticity. Try to meet the people as on level ground. Don't assume that because they live in the country and you in the city, you are smarter than they are. In many cases the reverse may be the truth. Try to see everything about you and learn what you don't know about it all, and I will guarantee you a pleasant and profitable vacation.

Glint of Wings

(*Continued from page* 45)

CHAPTER IX

Their First Quarrel

At the end of a blissful fortnight the young lovers moved over to Catalina Island for the production of "The Magic Isle" a serial in many episodes, with Stanley Matthews as the hero, and day after day Patricia watched the Company's yacht "Sinbad" lift anchor from a point in front of the hotel and sweep out of the blue bay of Avalon, with sun-lit, exultant sails. There were pictures of bandits and Indians to be taken on the other side of the island, and sometimes the bride accompanied this strange aggregation of movie-folk, daubed up like futuristic nightmares, and watched them go through their lurid adventures. But they soon got on her nerves. She found them disappointing under the pitiless revelations of a California sun. How utterly different Stanley was from the average professional! This puzzled her, and Stan was evasive on the subject, only remarking that later he has a surprise for her. A surprise . . . now what could this be? Was he, too, thinking of New York?

These should have been radiantly happy weeks for the bride, since Stan was a lover that any girl might be proud of; she recognized his generous devotion and enjoyed the good times they had together—picnicking on the rocks, fishing in some remote Cove, riding over the hills. What a picture Stan made, bronzed and competent, lifting and lowering the glistening oars, pausing to light his beloved briar pipe. How his laugh rang out over the waters!

"And yet I am restless, dissatisfied,"

(*Continued on page* 118)

Foods to eat

for health, strength, efficiency

Here are foods for the entire family, furnishing all the needed elements including the *food iron*, food lime, the vitamines, without which no family fare is complete. Order any or all of these goods direct from The Battle Creek Food Company, Battle Creek, Michigan. Send no money. See coupon below regarding payment.

Minute Brew

The only Cereal Coffee wholly free from the poisons found in real coffee, may be used by invalids, by the children, by every one, without danger. **40c.**

Protose—Vegetable Meat

A vegetable meat, better than beef, for it contains all the nourishing properties of the best meat and more besides. It has twice as much food iron for making blood, seven times as much food lime for the bone, and a richer store of vitamines than meats. **60c.**

Paramels

Mineral (paraffin) oil in solid iorm! Twice as efficient as any of the mineral oils because it mixes with the food and does not pass off by itself. Succeeds when other paraffin preparations fail. Convenient and easy to take. In tin box, **90c.**

Malted Nuts

A most delicious and nourishing food of special value to invalids and those who cannot take milk, small children and infants. Contains two and a half times as much food iron as does cow's milk. The only vegetable substitute for milk. It should be freely used by pale, bloodless, anemic people. **$1.00.**

Laxa

An accessory food, a combination of sterilized wheat bran and Agar, which add needed bulk to the intestinal contents. The most efficient and most agreeable form of roughage. Encourages the bowels to act in a normal way. **90c.**

Savita (Savora)

A purely vegetable extract which has the appearance and flavor of the finest meat extracts. Wonderfully rich in water-soluble vitamines, which are so essential to growth. As a flavoring for soups, broths, and bouillons, Savita has has no equal. Rich ozmazome and mushroom. **50c.**

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The original "Cooked" bran, not common "fodder" bran; but specially prepared, large selected flakes, clean and more efficient. Not only a good laxative but a genuine food for every one. A little bran every day, at every meal, is a splendid regulator of the bowels. Rich in food lime, food iron and vitamines. **25c.**

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Bran Biscuit, a tasty, crisp and highly nourishing cracker. We have put into it a lot of clean bran and a high percentage of gluten. In addition to being a mild laxative, it is a great deal richer in food lime and food iron than ordinary bread, an ideal soup cracker, and just the thing to encourage mastication. **35c.**

Tone up your diet. Gain new life and health. Eat foods rich with food iron, food lime, and vitamines. Increase your energy. You can if you act *now!* Order any food you want at the price marked or **take them all for only $4.50.** Send no money. See coupon below regarding payment.

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Mistakes We Commit In Our Eating

Startling Discoveries Show that Many Foods Poison and Weaken Instead of Sustaining Us

Is your food building you up or undermining you?

Do you know? Probably not. You ought to know.

You may not be able to detect the foods which are doing you harm. Few people know anything about the New Dietetics, the art and science of human feeding which has been developed within the last twenty-five years. Only a few specialists are possessed of this knowledge.

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A well-nourished body has high health and resistance to disease. A body which is weakened by wrong feeding and consequent blood deterioration and autointoxication is an easy prey to disease, both acute and chronic.

The wonderful discoveries about foods and feeding made within the last few years have opened the way for both the prevention and cure of many maladies formerly regarded as practically incurable.

Credit for not a small part in this program is due to the Battle Creek Sanitarium. This institution is famous throughout the world for discoveries made in foods and feeding.

A Free Booklet of Vital Value

In the interest of the public welfare, the Battle Creek Food Company has prepared a booklet on the Battle Creek Diet System entitled "Healthful Living," which tells in detail what every one should know about eating. This booklet is not a piece of advertising literature. It is a genuine, scientific exposition on the regulation of diet for the treatment of diseases and the promotion, endurance, and efficiency.

The whole purpose of this booklet is to acquaint men and women with the benefits which may accrue in increased vigor and efficiency by a personal, practical application of the principles of scientific nutrition.

As health insurance, this booklet is worth its weight in gold.

"Healthful Living" has cost the Battle Creek Food Company a great deal of money to print, since it is profusely illustrated in colors. It is not generally offered for free distribution, but appreciating the acute need for information on diet to-day, the company has agreed to assume the expense of distributing twenty-five thousand copies to the readers of this magazine, free of charge. This is an opportunity no one should miss—least of all the housewife who is mainly responsible for the daily meals.

The following list of subjects covered will give you an idea of the booklet's scope.

The Man below Par—Eating for Efficiency—Meat Infection—Vegetable Meat—A Wholesome Substitute for Meat Flavors—The Poison of Meat Extracts—A Complete and Superior Substitute—Vitamines—Lime and Iron Starvation—Kitchen, Dining Room and Sewer—Antitoxic Diet—Diet for Various Conditions of Health—Diet for Infants—Diet for Skin Troubles—Stomach Remedies—A Variety of Good Things, etc.

A chapter of unique interest is that on the process of digestion.

Another chapter of vital interest is that on "What Shall I Eat?"

A Change in Diet May Be What You Need

Thousands of men and women are living and working so far below the level of their maximum efficiency.

A man whose head is always dull, whose mind is confused all the time, who is constantly oppressed with a sense of languor, dread of effort, and inability to concentrate his mental or physical energies upon his business tasks or problems, has no opportunity to detect the fact that the miseries which he endures are directly attributable to the superfluous tenderloin steaks, various hard-to-digest or unnecessary foodstuffs.

The revolution which may be wrought in such a person by a simple change in diet is so prompt and so wonderful as to be almost beyond belief.

Said a St. Louis business man: "The adoption of The Battle Creek Diet System simply made a new man of me. I had become so broken down that I was almost incapable of doing business. I could not think clearly, I could not impress my ideas upon others. I could not wrestle successfully with the problems of my business. I was completely broken down and incapacitated. Three months following The Battle Creek Diet System made a new man of me. For three years since that time I have not had one sick day. I have been able to carry on my business with more vigor and far greater success than ever before."

"Healthful Living" FREE

As stated above, the booklet, "HEALTHFUL LIVING" is offered free to the readers of this magazine. Your simple request brings it. There is nothing to buy—no obligation whatsoever.

But since only 25,000 copies are to be distributed gratis, it is imperative that you make your request quickly. You may do so by letter or postcard on the handy coupon below.

If you would avoid the drug store—if you would save hundreds of dollars yearly lost through sickness—if your aim is to avoid disease and live to a ripe old age, you will not neglect this opportunity of familiarizing yourself with the Battle Creek Diet System of biologic living. It is a real health and life insurance that brings wonderful returns. Since it costs you nothing mail the coupon now.

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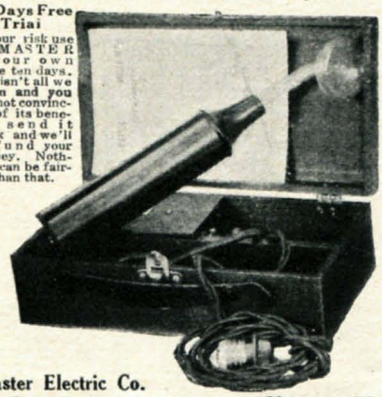

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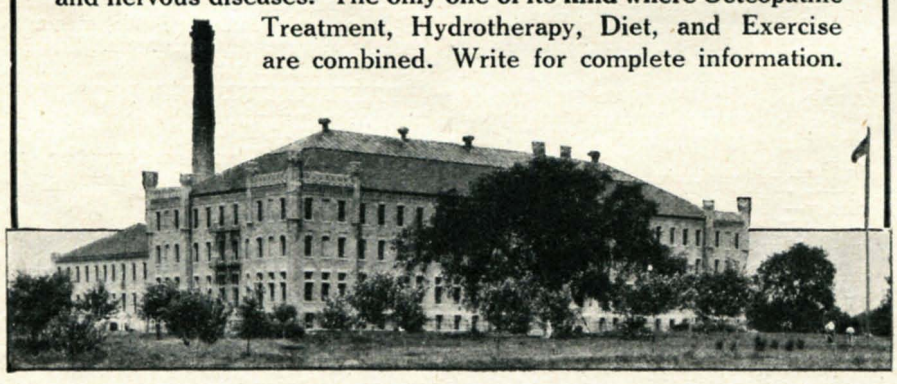

(*Continued from page* 116)

she confessed to her diary, "reaching out to life as I want it to be, not as it is. Surely this is not love. It is not the love I have dreamed of; if I really loved Stan I would be content to stay here with him indefinitely. By that test I certainly do not love him, for if I were chained to this island, I should hate its sparkling beauty!"

Patricia was resolved in her own mind that Stan should not sign up for another Western engagement, but must arrange for a transfer to the East as soon as "The Magic Isle" was finished. He could accomplish this, if he wished, and she had assumed that she could easily influence him to this decision; but latterly she had discovered a certain quiet relentlessness about her husband that was beginning to disturb her. "Stan seems to be yielding to me," she wrote, "but later I find that only *apparently* did I have my wish; at bed rock his own will has been asserted. He reminds me of father's exasperating quotation:

"*Dulciter in modo, fortiter in re!*"

So she temporized, carefully planning the grand *coup* that was to lead them back to New York—and the heart of things.

At last, however, she decided to speak, and one night in early June got into her most charming gown, a sea-foam creation with flowing angel sleeves, and waited for Stan in the rose-covered arbor near the water.

The faint blue twilight gathered in the little cove, bringing the hush and wistfulness of the hour. The monotonous wash of the pebbles on the rocky shore, the insistent song of the frogs and crickets, the faint, ghostlike sails on the distant horizon—all fitted in with her mood. But Stan came home tired, dirty and wet, after a day's adventuring with driving stunts and a wreck, and she saw that this was not her moment. These movie exploits looked easy enough, from a comfortable seat in the theater, but they were strenuous and exhausting, and often she had seen the poor boy drag himself into the hotel wearier than any day laborer and fall asleep before dinner, like a worn-out child.

It was Stanley himself who anticipated her the next morning by abruptly unfolding his surprise. They had climbed high above the village by the little winding path cut in the hillside, and paused to look down over the bay that glittered and danced in the delicious sunshine. Suddenly, with the musical whirr of many wings, a flock of blue-birds darted past, sweeping, with lovely dippings and risings, into the canon back of the hotel.

"Look!" cried Pat, as the sun glinted on their wings.

"The hills are full of them," Stan observed contentedly. "If they stand for happiness, we'll have an ocean of it." Then with eyes lighting up clear and sharp, he said: "No more 'movies' for

(*Continued on page* 120)

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(*Continued from page* 118)

me, sweetheart, I'm through. I'm going back to my own work. I've had three years of serials. I've earned a lot, learned a lot and I quit with joy, all debts cancelled."

Patricia waited, her brain whirling while he ran on, gripping her arm in his enthusiasm until it hurt, "We're going to Montecito just out of Santa Barbara—up among the mountains. I have a bungalow with an enchanting garden and a view of the sea. There I can write in peace."

She stared at him, as if she had never seen this man before. His well-cut brown gabardine suit with its patch pockets, and his soft, brown linen shirt made him look unusually youthful. Everything about him spoke of life, almost brutally compelling. There was vigor to his hair, sunburned from days in the open, vigor in his deeply-browned skin, in his powerful movements. She drew away from him and straightened up pressing her lips together:

"You're going to write—what?"

"Essays, novels, serious articles—all the things I've yearned to do for years and couldn't because of obligations. You see," his face grew sober and incredibly tender, "my father was no kind of a businessman. When he died he left his affairs in a mess. There was a big bunch of notes unpaid, and—it was up to me to straighten 'em out, see?"

"I—I see," Patsy stammered.

"The movie road was the only way I could travel that led to money—big money—so I took that road. But I'm caught up now; to-day I'm a free man, with enough to carry us along—simply." He stretched his arms wide, threw out his chest and took a deep breath. Then he dug into one deep pocket and brought out the inevitable pipe. She watched his strong, intelligent fingers fill the bowl. He lighted the pungent tobacco and drew contentedly upon the amber stem.

"This is your *surprise?*" Her voice was flat, dun-colored.

"Why, yes! I thought you hated my being a 'movie-star,' not that you said it, darling, but I thought . . ."

The tide of bitterness rose higher as she saw the dream-world she had built up day by day vanishing like smoke. She felt ready to strike, to break, to hurt intolerably.

"And just what is *my* rôle to be?" she interrupted in a hard, unnatural voice.

He turned and regarded his young wife incredulously, then burst into a good-natured laugh that kindled her to fury. She struck out to free herself from his confident arms. To her terror, the odor of his breath and the smoke-sweet fragrance of his coat caught at her senses. A faint shiver that numbs the will ran over her.

"But—I—I," she faltered, "I thought you'd take me back to New York. I hoped you'd get an Eastern transfer. That's one reason why—er—"

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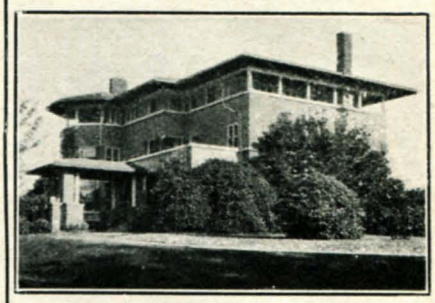

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"What?" he demanded, his eyes insistent.

"That's one reason I married you," she blurted out defiantly.

"I guess you'll have to make the best of it—now."

"Not necessarily," she snapped. "Come—let's go back to the hotel."

II

That night Patricia wrote in her diary: "I swam in the sea this afternoon, thinking this might calm me, swam on my back, and watched the faintly pink clouds drifting in the sky, the gulls circling low. But there was no calm. I cannot see things Stan's way."

And the next night she wrote: "In spite of my restlessness there is an insidious charm about this island that wins one gradually, like certain subtle and costly perfumes. Little by little I yield myself to its beauty, to its blue waters, swirling against the jagged black rocks of the shore line. I heard a story, or did I dream it? that this is a place of enchantment where one discovers *one's real self*, which, alas! one seldom has even a bowing acquaintance with. This true self comes out from the heart of these rose-colored hills, comes and dwells with one."

PATRICIA [*looking up from her writing*] Hello! Woozy! I suppose you think *you're* my real self. Well, you're not. You're a cheeky little sneak.

WOOZY. Never mind that. I want to know what you're going to do with this nice man you've married.

PATRICIA. Ah! You approve of him?

WOOZY. He's much too good for you. Why don't you stop this foolish intriguing to get back to New York and settle down to real happiness?

PATRICIA. I can't be happy away from New York.

WOOZY. Silly! You've got a splendid, red-blooded husband who worships you. He'll give you everything you want.

PATRICIA [*vexed*]. He can't, if he leaves the movies. Do you think I'm going to be a meek little housewife? [*Dreamily*]. Perhaps if I loved him in the ideal way—

WOOZY. Patsy! How can you say such a thing?

PATRICIA. A woman doesn't necessarily love a man in the ideal way just because she's married to him.

WOOZY. You *do* love him.

PATRICIA [*judicial tone*]. Perhaps. But mark this, Woozy, if trouble comes, it won't be my fault. It will be the fault of these two men with their dominating ideas.

WOOZY. Two men?

PATRICIA. Yes, father and Stan. They swept me off my feet. You know they did. Why should men always be asserting their wills over women? You *must* do this! You *mustn't* do that! I *will* kiss you! I *will* marry you! How is a girl going to know when she really loves?

WOOZY. But you *do* love him, Pat. You can't help loving him. He's wonderful. And you'll love him more and more, if you'll only stop analyzing everything—and writing in that conceited journal. [*Pleading*]. Go to Stan and tell him you understand why he wants to quit the movies.

PATRICIA. I don't. I think it's very unfair of him. He's making two thousand dollars a week. Think what that means.

WOOZY. You ought to be proud that he aspires to something better than blood-thirsty serials. They're not worthy of his talents.

PATRICIA. Well, I'm not proud of him, and if he tries to put this over on me, he'll be sorry. Now shut up!

WOOZY. No. There's something else. Why don't you write to Mother and Father?

PATRICIA. Don't bother me. I'm going to write to them—when I'm not so worried.

WOOZY. You mean when you're not so selfish.

III

Patricia, like most girls of her age and bringing up, was selfish. It is hard to place the responsibility for this condition, whether upon parents for spoiling their daughters by ill-judged indulgence, or upon society for practically compelling the parents to act thus (through force of example), or upon the growing spirit of irreligion that has hardened and disillusioned the younger generation. When Patricia married Stanley she thought she was solving all her difficulties. She thought that all harassing and belittling money worries were over, and that life henceforth would become free and gracious. Alas! Now she was discovering that she had only stumbled into new worries and different harassments. In some ways Stanley Matthews, for all his devotion, was less malleable than her father, as on this important evening when he enraged her by saying: "Your father treated you like a child, Pat, and you acted like one. He humored you, yielded to you when he ought to have spanked you. But to me you're a responsible grown person, and I expect you to act like one."

"And help you economize, I suppose?"

"Certainly."

"And do some of the housework?"

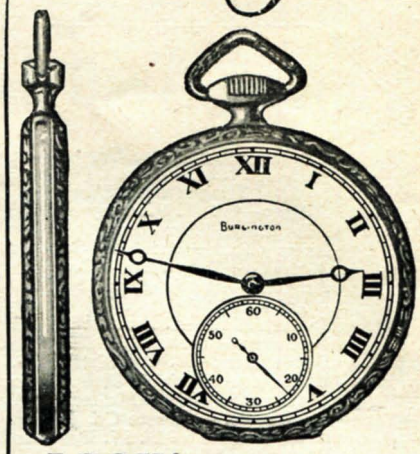
"Why not?"

They quarreled then—fiercely, separating for the night without a word of reconciliation. Stan took his things into an adjoining room, slamming the door, and a few minutes later Pat heard him booming out a song that rose above the noisy rush of his shower.

"*And there's not a girl like Sa-a-lly*," he proclaimed over and over again. If she hadn't felt sure it was childish bravado on his part, this would have been insufferable.

(*Continued on page* 123)

21 Jewel Burlington



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(Continued from page 121)

Her heart felt sore and beaten, her head ached. She went round and round in mental circles. What was she to do? A sudden vision of home came to her. If only she could go home! She felt her cheeks flame hot. Of course she could not go home.

With a wry smile Patsy recalled her father's story of her four-year-old days. He had found her on the top steps that led down into the kitchen, playing with some dishes that the cook had given her to keep her quiet. She had ranged them neatly along the top step.

"So you have some dishes?" he said, by way of conversation.

"They're not mine," she answered gravely, "they're God's dishes. Then, before the poor father had recovered, she informed him: "I am God. This is Heaven. Now," she drew herself up with an air of conquest and came slowly down the steps as if she were trailing long robes, "Now, God is coming down out of Heaven."

That was the trouble with her. All her life she had been playing God. And now life had the laugh on her. It had check-mated her.

Patricia bathed her eyes, looked at herself in the mirror and decided that part of her failure to manage Stanley was due to the fact that her short hair did not go well with this negligée. How many, many times she had wished her hair back on again! No action of her life had ever convinced her so completely of the folly of obeying an impulse without a long-distance view of the future. Her father was right!

She curled up in the window seat, hugging her knees, gazed morosely out over the star-lit sea, lit a cigarette and thought.

Was she really an unintelligent little beast? Her blazing honesty was destructive! It was crude, untutored! If she had only used tact, tripped along lightly in their talk, she might have met Stan's objections and brought him to terms. It was her miserable pride. In her heart she was sorry for the nasty, sharp things she had said, but . . .

No one who has not a stubborn, wilful nature can know the throes of agony a less favored person will suffer before expressing regret for a wrong or an unkind action. Patsy remembered once when she was a child being particularly hateful to her mother, who did not scold or punish her, but only turned reproachful eyes upon her as she tucked her into bed, and said: "I'm very much disappointed in you, Patricia. I would never have believed that you could be so naughty."

What a wave of remorse had swept over her! Her heart had swelled to enormous proportions. It seemed to fill her whole body. She wanted to burst into sobs of penitence; but, instead, she only pulled the bed clothes sulkily over her head as her mother turned away with a sigh and closed the door. The rest of the night, up to twelve o'clock, the child had spent in the long hall that separated her bedroom from her mother's. She would get out of her bed, repentant, and patter down the passageway only to hesitate outside the door, standing first on one cold bare foot, then on the other. Finally, after a dozen such fruitless trips, the door opened and her mother came out, whereupon the child leaped into her arms. *"I—I'm sorry, but I—I can't say it!"* she sobbed.

Patricia got up abruptly, stumbled over one of her husband's great mountain boots and tiptoed to the door that separated their two rooms. This was the first night Stan had been away from her. Her imagination flew in to him. She put her ear to the key-hole. Not a sound! Probably he was as wretched as she was, as sorry, he certainly had said horrid, domineering things . . .

Her curiosity got the better of her, and, by the merest crack, she opened the door. No sound! She opened it wide. The little rose-shaded light by his bed was still burning; and now, deep and regular, she caught his breathing. She walked into the center of the room and—there, stretched diagonally across the big bed, lay Stan—*sound asleep!*

Patsy hovered between wrath and an uncontrolled desire to laugh. How like a man! Money matters could keep him tossing all night, but a quarrel with his wife, his safely married wife . . .

Rage tore loose in her again. She stormed back to her room, undressed, turned off the lights, and went to bed. Not to sleep, however, for she was in a dilemma. If Stan insisted upon going into retirement on a bread and butter basis and she went with him, how delighted her father would be. Nothing that he could have devised could so exactly have suited his ideal. The quiet, the discipline, the work, both manual and mental. Admirable! It would be the making of Patricia.

On the other hand, if she were to break with Stan (How could she anyway? She hadn't a cent of her own) she would again prove that her father was right. A poor husband indeed she must have selected to leave him so soon. Her cheeks burned. Her pride was abased. What could she do?

Thus Patricia tossed feverishly, perplexed and humiliated. Why should men always rule and dominate women? And decide that women must know how to do domestic work, or show an interest in it? Every man has some such old-fashioned ideal of a womanly woman hidden away in a corner of his brain—willed to him through generations. Womanly! How that word irritated her!

Patsy reverted to the conclusion that all her troubles had come from being too honest. Honesty is a good principle for a man, but for a woman, never! Not if she wanted to get along with the op-

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Colds, Influenza
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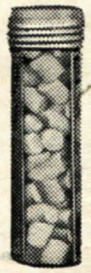

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posite sex. (And she can't get along without them!) Men like to be lied to coyly and adroitly. It makes them feel that they are playing a clever game, it flatters their vanity. *Men lap up vanity as a kitten does milk!*

There was evidently only one thing to do—make peace with Stan, apparently yield to his wishes, and then, later on, bend all her energies toward changing him.

Having decided this the young wife got up, groped her way to the door and a moment later was back at Stan's bedside. His face was burrowed comically into the pillows, only one eye being visible, and his arms were thrown up and rounded about it. He looked like such a youngster!

Pat leaned over and ran her finger along the light down on her husband's one visible ear. He stirred. How splendid and strong-looking he was! . . . But he *might* keep on a little longer in the movies. She wanted at least *one* grand splurge into the gay life. This was such an anti-climax . . .

She looked down at him, then impulsively stooped to kiss him. Her hair swept his forehead and he brushed it away impatiently. It was too funny and she burst out laughing whereupon he opened that single eye and blinked solemnly at her.

"Hello," he groped drowsily. "That you, Pat?"

She hesitated only a second, then turned off the light, crept in with him . . . and went to sleep in his arms.

IV

That same night another scene . .

At Durand's restaurant in Los Angeles (there is no better food to be had in Paris) where the father and mother had dined, and talked for the hundredth time about Patricia and renunciation—how the time inevitably comes when parents must readjust themselves, often with anguish, to the severing of bonds of tenderness that have grown strong through years.

Never would the mother admit that Patsy had been unloving; on the contrary she defended the child for holding to her own view-point and standing out for her liberty, even against her parents. Her faith was unwavering that, through all this tangle of apparent waywardness and contrariness Patricia has been true to herself and to her destiny.

"Then you think everything is coming out all right? You really think that?"

Helen's seriousness deepened, she was silent for a moment, her eyes shadowed by a grave thoughtfulness as if she were communing with her soul; then she said simply: "I believe in the inheritance we have given our child. . . . I have faith in the prayers I've said. . . . I *know* she has chosen a man worthy of her love."

(*Continued in November Issue*)

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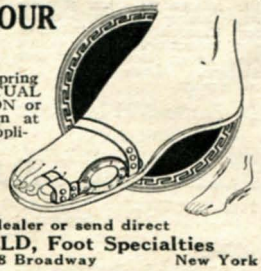

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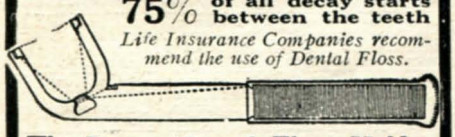

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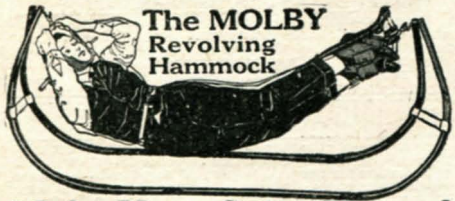

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Beauty Secrets revealed on page 81

Our Super-Swimmers

(*Continued from page* 39)

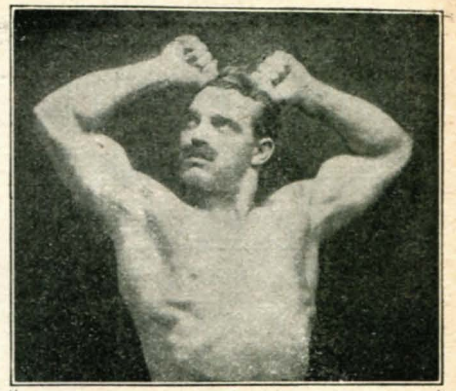
150 yards open water, 1 minute, 32 seconds; 200 yards open water, 2 minutes, 13 1/5 seconds and the 220 yards open water, 2 minutes 26 2/5 seconds.

All of these records and achievements have since been eclipsed by Johnny Weismuller, with the single exception of the fifty yards. For one can hardly mention swimming these days without speaking the name of Weismuller. His meteoric rise to fame reads like a fairy story. Two years ago he was unknown to the swimming world, or to the Illinois Athletic Club, for that matter. Descendant of rugged Austrian peasants, he was himself slim of build, with great undeveloped muscles, long arms and long legs, when first he asked for a tryout at the I. A. C. Those were the days when Ross was still champion, and it was with Norman that Weismuller got his first swimming experience. Instantly he commenced to show possibilities. The first time the writer had the privilege of seeing Weismuller in action was at a time when Ross was still enrolled in the part of the guardian angel.

Johnny became a champion almost overnight. There are few athletes, if any, who ever went to the top so swiftly. Today his name ranks with that of Ty Cobb, Babe Ruth, Kahanamoku and Man-of-War as household athletic words. He commenced to put on weight, to fill out, and to add to his strength and stamina. He already possessed a marvelous amount of natural ability, so much in fact that he did not have to gain experience in order to win from veterans of the game and to break records. His style of stroke is peculiarly his own. He swims higher than other aquatic stars, much like Duke Kahanamoku, when the latter first became Olympic Champion. The Duke has since greatly altered his style.

Weismuller is not so large a man as Norman Ross or Harry Hebner, or Duke Kahanamoku, his greatest rivals for lasting glory in the swimming game. So he has come to fear big men, and particularly those opponents who possess long legs and arms. When Weismuller first glimpsed Ludy Langer, just before he swam him in a 220-yard championship race, he exclaimed, "I can beat him, all right, look how small he is!" On that particular occasion however, Ludy Langer the veteran of other years, won out. Warren Kealoha, dusky star of the Hawaiian Islands also holds a decision over Weismuller having won from him in a 50-yard dash in the Hawaiian Islands this past summer, and Kealoha is also short, and though well developed, inclined to be rather rotund. Pua Kealoha, another Hawaiian sprint star, is built similarly to Duke and Ross, and, fearing him most, Weismuller easily disposed of him. So

(*Continued on page* 128)



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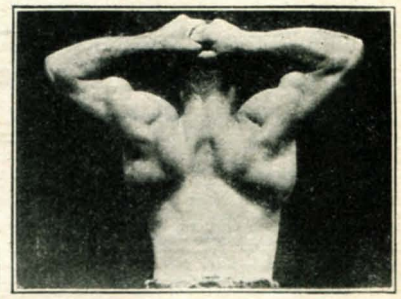

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(*Continued on page* 129)

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"HE IS GREAT who inspires others to "think for themselves.
"HE IS GREAT who pulls you out of your "mental ruts, lifts you out of the mire of the "commonplace, whom you alternately love "and hate, but whom you cannot forget.
"HE IS GREAT to whom writers, poets, "painters, philosophers, preachers, and "scientists go, each to fill his own little tin "cup, dipper, calabash, vase, stein, pitcher, "amphora, bucket, tub, barrel or cask."

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P. C. 10-22

(*Continued from page* 125)

these two defeats are claimed to be due a great deal to temperament.

For Johnny Weismuller, eighteen years of age, is even more of a "kid" than his age would lead one to expect. The story is told of how he was simply wild to set a series of world records in the Islands and to defeat all of his opponents, not so much because of the athletic fame which would follow, or the prestige in the swimming world which it would give him, but because if he won all these races he was to be given a beautiful new bicycle. "Gee, how I want that bike!" Johnny would exclaim, when on his way to Honolulu.

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When those Olympics of '24 do roll around it is doubtful if many of the stars of the past will be still in the running. Such veterans as Norman Ross, Stubby Kruger, and Duke Kahanamoku will all have passed on. It may be that Ludy Langer will be able to make the team for a third time. He is still swimming magnificently and the perfect condition in which he has always kept himself will help a great deal toward seeing him board the Olympic ship for the third time. This also is the big reason why Johnny Weismuller can look hopefully forward to the future. He has no bad habits and trains as perfectly as can be humanly expected.

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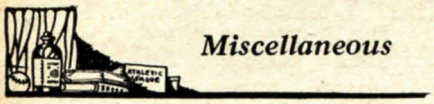

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the official launch came chugging alongside, and there under a broad-brimmed panama, could be discerned the strong features of Duke Kahanamoku, official greeter of the Islands. Dressed in native style, the whole six feet three of him bespoke strength and power and grace. He was the first to swing aboard and the first to welcome me. The Duke had not changed a bit from the day I had last seen him in London, after the Olympics of '20, and he seemed little different than in '12, when first he was the recognized champion of the world. It was the same Duke; neither fame nor time nor increasing power had changed him in the least. He was as unassuming, optimistic and lovable as ever.

Yet he has won without half trying. He went to Stockholm and there defeated the best in the world, and did not exert himself to do so. For the real way that the Duke has striven for laurels has been in his faithful training and conditioning previous to a contest. He never smokes or drinks, and so the day of the race he has never had to push himself all the way. Even the great Ross in his best days could not hurry the Duke over the 100 yard distance. Consequently the Duke has become lazy, dreadfully so, and even in competition he allows his opponents to get far ahead of him, before he exerts himself, and then when he brings his great strength into play he catches his rivals so quickly that again he rests on his way. The most vivid demonstration of this was in the Yale-Hawaii Swimming Carnival last summer. Many were of the opinion that the Duke was past his best day, but he swam the last lap for the Outrigger Club of Honolulu against the Yale quartet, and he was left on that last lap of the relay fully five yards behind Jeliffe of Yale, one of the swiftest college swimmers in the world. Five yards is a long way in the 100 against a man like Jeliffe, and the Duke's strongest backers quaked for the result. Duke saw that it was up to him to really swim. He tore out like a wild man, and covered the first 50 yards in 22 seconds (the world record is 23 seconds held by himself) and at the 60 yard mark he had come up even with the Yale swimmer. From that point until the pair came within five yards of the tape, the Duke paddled along beside his opponent without stretching himself, and then put forth his strength once more and easily won. As his hand touched the finish wall, a thousand straw hats came hurling down into the pool, thrown by a thousand wild-eyed swim fans who that day had witnessed as spectacular a swimming event as has ever been staged.

It was strength which won for him that day and it is strength that predominates in his make-up. He is the picture of power, standing six feet three inches and weighing almost 200 pounds. His skin is darker than the average Hawaiian, the hot tropic sun having tanned him to a swarthy brown, but his countenance is a perfect representation of the Hawaiian

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type, with dark eyes, a strong nose and high cheek bones. Unlike most swimmers, the Duke has legs equally as well developed as his chest and arms. His actual strength is great enough to allow him to man alone the largest of the outrigger canoes, which generally requires the combined efforts of six men to get it into the surf.

In a moment of intense excitement I saw the Duke lift a man weighing perhaps one hundred and sixty pounds or more, straight out at arm's length and hold him there with one hand. His hands and feet are very large and aid him immensely in swimming. So much for the physical appearance of the man. Though he is not handsome, he is most attractive and would rank with any of the cinema stars in picture interest.

It is not only swimming which distinguishes Duke Kahanamoku. He is considered the most brilliant surf board rider in the world, and his only rival here is his younger brother Sam. In fact his ability is so marked that the Government of Denmark has officially invited him to visit their country and teach the art to the immense following of interested swimming enthusiasts of that nation. Before his time, the little surf boarding that was done in the Islands, which is the birthplace of surf riding, was straight riding for the shore. A wave was caught and the man made straight for the shore, and if possible attempted to stand on the board. Balance was not so well understood in that time, and the present tricks and stunts were virtually unknown. The slide was introduced by the Duke and some of the Americans a few years ago, and by means of it, the rider gets twice the usual distance, with more "thrill" and greater speed, ending the ride perhaps a quarter of a mile further down the beach from where he started.

The Duke is one of few men who has ever successfully aqua-planed by holding the rope attached to the boat in one hand and keeping a man in place on his shoulders with the other. He has other accomplishments also, for he sings and plays beautifully. He is a natural entertainer.

So with his swimming days over, Duke Kahanamoku has turned to motion pictures as the profession which he most desires to take up. The Duke, then, is about to enter a new field of endeavor, where other athletic stars with almost as great reputation have failed. His host of friends eagerly wait to see what this bronzed god of the water will do before the camera. Though the Duke may never be a Douglas Fairbanks or a Richard Barthelmess, he will always rank as the most representative of the pure-blooded Hawaiians, the picturesque champion of an altogether picturesque nation.

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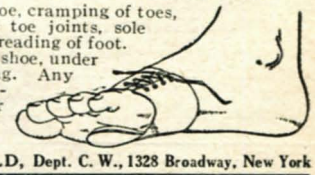

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Questions from Health Seekers

It is our purpose to include in these columns information that will be of general interest. Letters requiring immediate personal reply should be addressed to the Advice Department, for answers cannot be published in these columns until two or three months after receipt of questions.—THE EDITOR.

Piles —(internal)

V. T.—Piles or hemorrhoids are the result of constipation, diarrhoea, dysentery, liver congestion, alcoholic excess, etc., also of uterine displacements in women. They may give rise to considerable hemorrhage, great pain and much inconvenience. The treatment should at first be rest in bed with no diet but water. Local applications of heat or sometimes cold, given carefully by enema, frequently help reduce the congested veins. The high colonic flushing is usually the best to clear the bowels at the beginning of the fast. This fast should continue several days, and the cleansing enema used every other day, the hot or cold irrigating enema daily for relief. The milk diet will tone up the structures involved, though the temporary effect may be constipation—relieved by the enema. Assuming the knee-chest position two or three times daily and retaining it for ten minutes or more at a time, followed by relaxation in the reclining posture, preferably with hips elevated by a pillow, help drain the enlarged vessels. Later, exercises while lying on the back, hips elevated, will help maintain the improvement secured. Consider operation only after every other means have been employed conscientiously and fairly.

Reducing Bust and Abdomen

MRS. E. C. G.—Sometimes a large bust and abdomen are in proportion because of a generally prominent accumulation of fat. It is not very often that these two regions alone are overlarge. Exercise and reduction of diet are the two main features of treatment for both. The vegetable and fruit diet with a small amount of milk and a few nuts daily, should be the main diet. The vegetables and fruit chosen should be predominantly non-starchy—few potatoes or sweet potatoes or bananas or dates. Breakfasts should be only fruit juices, preferably diluted in the form of a drink—orange, lemon, pineapple, grape juices. Exercises should be the inclined table exercises taken twice daily after accustoming the muscles to this rather strenuous exercise. All body flexions, whether reclining or standing, tend to reduce excess tissue about the abdomen. The upright exercises are frequently best to begin with until the weakened, natural corset begins to assume its normal tone; then the reclining exercises. Swimming would prove beneficial in your case. For the bust, all arm movements are good, especially this exercise: standing erect, arms horizontally forward, palms inward, vigorously sweep the arms outward and to the rear and endeavor to strike the backs of the hands together as high above the waistline as possible. Forcibly exhale as the arms are thrown backward. Supports of any kind for either bust or abdomen will not be necessary if the muscles are trained to do their normal work, and if the general weight is reduced to near normal. The supports, however, may be advisable.

Bow Legs

C. L.—In very young children, surgeons are able to correct this deformity by breaking the bones and allowing them to heal while in casts that hold them straight, but after the age of childhood the bones become set and of such consistency that even this procedure cannot be satisfactory. If not too mature, the bones may be somewhat straightened by such exercises as these: with the feet separated a short distance, by muscular action alone draw the feet together, sliding them over the floor, while keeping the knees straight. Lying on the right side, place the right ankle above the left knee: resting on shoulder and left foot, lift the hips, supporting the weight as much as possible on the left leg through the right. With padding between the ankles, bind the knees together by strap or sheet, gradually drawing the knees together. Hold this for ten or fifteen minutes. These may have a slight tendency toward correction, but a more sure way would be to develop the calf muscles so that the two calves would approach each other when standing with heels together.

Anemia

O. A. D.—Anemia, or deficiency of blood or blood-coloring elements, may be a serious primary condition, but is usually secondary to some other condition—as poor hygiene, poor food, loss of blood, toxemia, serious diseases such as tuberculosis, Bright's disease, etc. The cause must be corrected if found, but in practically every case sufficient blood and hemoglobin will be supplied by the milk diet, and later vegetarian diet in which milk is a prominent factor, and by the daily sun bath, the daily cool or cold water bath followed by vigorous friction, exercise adjusted to the strength and capacity, and by sufficient rest and sleep. One should take at least five quarts of milk daily when on the milk diet and when on fruits, vegetables, nuts and cereals, milk should be taken up to two or more quarts daily—adjusting the other articles so as to allow for the milk. Swimming, horseback riding, hiking, golf and roque are good exercises or at least allow you to get out of doors for a good part of the day. Do not "doll up" when going out for your health, but go prepared to receive the greatest benefit.

Strained Heart

A. E. W.—The mere fact that your heart beats more slowly than the average normal does not indicate that the organ has been strained. While straining may result in a slow heart, the usual result is increase in frequency of beat which is also more feeble than normal.

Fifty-two beats a minute may be present in the heart that is organically sound in every respect. If you have no symptoms such as pain, palpitation, suffocation, dropsy or dizziness, there is probably nothing wrong, but it is a good thing to have the opinion of two or more physicians as to the condition of the organ after careful examination. You probably have what is called an "athletic heart," which is one enlarged because of the increased work it has had to do, but which is normal in other respects. With this kind of a heart, it is safer to continue some form of exercise than to discontinue activity entirely. It is similar to a very large lung capacity—if one stops all exercise fairly suddenly, the tissue which was increased for the purpose of taking care of the additional exercise degenerates and, in the case of the heart, fatty degeneration may result. It would not be advisable to try to overcome the slow beating by running until the heart was beating at a normal or increased rate of speed. If there should happen to be a diseased condition, this would be very serious, and in any case, the results would be temporary only. Maintain general health by careful attention to diet, bathing, rest and sleep and out of door activity, and any exercise that is not excessively heavy or speedy.

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PROF. ANTHONY BARKER, D.C. Dept. 141, 865 Sixth Ave., N.Y. City

Fighting Mad

(*Continued from page* 58)

"Ever since the trial?"

"Yes, ever since the trial. But you mustn't talk. I'll do the talking. You want to have your mind relieved, eh? Very well, I'll tell you everything."

He drew up a chair beside the bed. And I, lying weak and helpless, knew that nothing he would tell could hurt me; that now nothing could open the wound which had been healed. During my delirium something had been lifted which would never weigh me down again.

"I felt that you were not well before the trial," Roberts began. "Your eyes had an unhealthy look. When I saw you in the court-room, this feeling became a certainty. You kept staring stupidly at Smythe while he was testifying. It was just as though you had been stunned by a heavy blow. Later, when Eleanor began to testify, your eyes brightened and your lips began to move. And then, when she said: 'His face—his terrible face!' you jumped up and began to scream. It was a terrible scream—the scream of an animal in pain. Then you tore your coat-sleeve to the elbow. There was the old burn on your arm. Everyone saw it. 'Don't you know me?' you cried. 'Eleanor and Bruce, don't you know me? It's "Deacon" Colgate—poor old "Deacon" Colgate come back from the grave!' And then you began to laugh. What laughter!"

He paused and ran his hand across his forehead. Beads of perspiration stood on it. Evidently the memory of that scene moved him. But it could not move me. I felt the warm sunlight playing on my wrist; and it seemed to me that I was listening to an interesting story. It was thus, as a child, I had listened as Louise read to me on the beach.

"And then what happened?" I asked quietly.

"Why, then Eleanor fainted. And Smythe? Why, his head was shaking from side to side. I went up to help Eleanor, and I heard him mutter through his bandages: 'This will never do! Steady—steady!' And then, a little later, he cried out like a child; 'I'm sick—I want to go home!' Meanwhile they had taken you away."

"And then?"

"Why, then you were very sick with brain fever, 'Deacon.' Jenkins got you out of jail after a lot of red tape; and we brought you here."

"But what has become of Smythe and Eleanor?" I asked.

Roberts hesitated. His face wore an anxious look; his blue eyes looked steadily into mine. At last he said, almost sternly: "Do you still love her, 'Deacon'?"

And then I knew what weary weight had been lifted from my soul. "No, thank God for it" I answered. "I don't love her any more!"

"Thank God for it," he repeated slowly,

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"Thank God for it!" And then, bending forward, he continued in a louder tone: "I was afraid to tell you, 'Deacon.' I thought—well, no matter what I thought. Eleanor has eloped with a man-about-town named Frank Freeman. They've gone abroad to live. She'll not come into your life again. Is that good news, or bad?"

"Good—very good."

For some time I lay looking up at the ceiling. How the light danced upon it, running up and down in curving golden bars. Everything was delightfully new; everything held my interest. I could see green branches waving outside the window; and, beyond them, the ocean.

"And Smythe?" I asked at length.

"The other night I dropped in at the 'Gun and Rod Club'," Roberts continued. "He was sitting at a table in one corner. He sat with his face buried in his hands. There was a bottle of whiskey and a glass beside his elbow. I saw that his shoulders were shaking convulsively. There was something horrible about it. The place was deserted. I went over to him and touched him on the shoulder.

"Then he looked up; and I saw that his eyes were red but dry. What a face the man has. I did the best I could for it; but it's not a face any more. It's more like the masks children wear to frighten people. 'Sit down,' he said, 'and have a drink. I'm all alone you see—all alone.'

" 'You look sick,' I couldn't help saying.

" 'Yes,' he muttered, as though talking to himself. 'I've lost my hold on life. Nothing matters any more. Is anything really worth while, or does it seem so because we're young? Look at my face! It's horrible, isn't it? But it doesn't bother me—nothing bothers me. Sometimes I look at it in the glass—look at it, as though it were the face of some stranger passing in the crowd. Since Eleanor turned me out, I've felt this way.'

" 'Did she turn you out?' I asked. This was news to me.

" 'Yes,' he told me. 'When *he* came back, she turned me out. She was tired of me, anyhow. It was a good excuse—his coming back. One night she ordered Tom to throw me out. I was too weak to put up a fight. Since then I haven't seen her. And yet she fascinated me—even now I care for her. We fought continually though. Sometimes I beat her—that was the only way to keep her cursed tongue quiet. What times we used to have!'

" 'I've got to be going,' I said.

"But at that he took hold of my arm. 'Don't go!' he cried, 'don't go!' There was terror looking out of his eyes. And then he said a strange thing. 'Did "Deacon" Colgate really come back?' he asked. 'Sometimes I think he did, and then—well, I don't know, perhaps it's the whiskey. I used to think a lot of "Deacon" Colgate. I gave him up for her. But if he *did* come back, you tell him from Bruce Smythe—well, ask him to forgive me if he can. I haven't had a bed of roses

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exactly. And say—well, say this—say that Bruce Smythe has paid and will continue to pay. He'll know what I mean, Roberts.'

"When I left him, 'Deacon,' he sat all bent over in his chair—a huge bloated figure of a man, with bowed head and drooping shoulders, with dull eyes and disfigured face. He sat there, with another drink before him. How the years have branded him! He was a sight to shudder at."

"Poor Bruce!" I muttered. "I have no longer anything to forgive."

"Well," said Roberts in a cheerier tone, "that's all I've got to say Now you'll have to go to sleep. The average doctor would have gagged you long ago."

I had little difficulty in following his orders. Scarcely had his footsteps died away, before I had plunged into the swift tide of sleep. The hours passed, the branches waved outside my window, lighter footfalls sounded on the stairs; but still I lay there, wrapped in a tranquil slumber so different from my old discordant dreams.

CHAPTER LVII

When I again opened my eyes, the summer sun was setting. Jagged bars of light lay quivering on the floor. And through the open window, I could see the sky. High up in that vast amphitheatre, where already the thin anaemic moon looked down, great cloud castles hovered, all touched with crimson and gold. It was as though the palaces of the gods were drifting past on rivers of fire. Turning, twisting, they sailed majestically by; and beneath them, far beneath them, as smooth as the forehead of eternal youth, stretched a languid sea.

"Are you awake?" a soft voice asked.

I started. For the first time I noticed that I was not alone. Beside the window, in the shadow of the curtain, I could see a dark, indistinct figure.

"Is there anything you want?" the voice said again.

"Yes. I'm rather thirsty. May I have a drink of water?"

The figure rose and approached the bed. Now a face was outlined against the window. For an instant it resembled a portrait painted on a background of gold. I closed my eyes and opened them again. It was still there.

"Louise!" I cried aloud. "Why, it's Louise!"

"Hush," she whispered, bending over me. "You mustn't get excited, Fred."

"But you?" I cried. "How do you happen to be here, Louise? Why, this is the happiest day in all my life!"

She seated herself beside me, and held my thin weak hands in hers. "Dr. Roberts wrote and told me to come," she answered simply. "He said that, in your delirium, you had been calling for me. Are you pleased to see me, Fred?"

"Pleased! I'm more than that—yes, far more than that. You don't know

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what it means to have you here. It's just as if—as if the years had rolled back, and we were children again. Of course, in the sunlight, my face—well you know what it looks like. But now it's twilight; and, like children, let's pretend, Louise."

"In sunlight, or in shadow," she said, "your face has never changed to me."

We were silent for a long, long time. Through the window, a breeze, fresh as the breath of the sea, came stealing. The leaves rustled in the twilight with a soft caressing sound. In the sky, lofty towers, like the gorgeous dreams of man, were crumbling to decay. And far across the blue fringe of water, there came to our ears, softened and mellowed by distance, the lonely call of a gull.

Perhaps you, too, have been lost. Fly on; fly on, with strong swift wings.

THE END

Curing Mechanically

(*Continued from page* 48)

be either active or passive, according to whether they are performed by the patient for himself or by an outsider upon the patient. Riding, for example, where the rider is supported by the horse, is regarded as a passive exercise. Movements are also "single," or "duplicated," according to whether one person or two participate in them; and the five positions in which all movements may be given are standing, sitting, kneeling, lying, and hanging.

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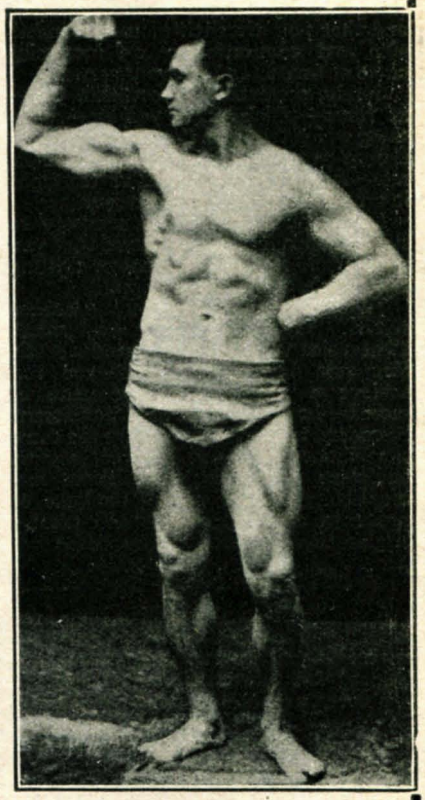

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was about thirty institutions in the last quarter of the Nineteenth Century. Dr. Taylor, who visited and studied the movement in the land of its birth, adds: "There is scarcely any chronic disease known that is not successfully treated at these institutions. I might mention a case of blindness from amaurosis that I witnessed, to all appearance completely restored, and numerous cases of deformity were in general quite restored."

Dr. Gustaf Zander of Stockholm devised an elaborate system of mechanical apparatus—over seventy varieties to aid the individual in carrying out some of the Ling movements, which obtained a great vogue, and are today in some form, found in every gymnasium in the world. A dispassionate inspection of Ling's system reveals the fact that it contains everything of value in manipulative therapy, and that later systems have merely borrowed, consciously or unconsciously, one or more of its distinctive features.

In the importance he attaches to the study of anatomy and physiology as fundamentals of his art; in his insistence upon the free distribution of the blood stream in proper quantity and quality to every portion of the human organism, Ling is revealed as the legitimate progenitor of the osteopath; and when he says, as he does, that "fatigue is in proportion to the amount of mental and nervous, rather than to the amount of muscular action employed," and that "experience has taught us when irritability or pain exists, the nerves are only demanding to be rescued from the effects of a bad circulation and an irregular distribution of nervous power," he permits his mantle to fall on the osteopath's energetic and picturesque rival—the chiropractor.

This does not necessarily mean that Andrew T. Still, the founder of Osteopathy, and D. D. Palmer, the apostle of Chiropractic, knowingly and willfully stole their ideas from Peter Henrik Ling. It is highly probable that neither of them ever heard of him, especially Palmer, who appears to have gotten such knowledge as he possessed from people, rather than books of any kind. Dr. Still, being a medically trained man, may or may *not* have encountered in some of his professional literature, some account of the Swedish Movement Cure; since Russell T. Trall, Henry Lindlahr, James Caleb Jackson, and other exponents of drugless therapeutics in this country, had been writing about it, while Dr. Trall—some of whose writings appeared in Boston as early as 1863—had specially featured the Ling movements in his practice. Dr. George Taylor's book, "An Exposition of the Swedish Movement Cure," had also been in circulation since 1861, thirteen years before Dr. Still claims to have given his osteopathic revelation to the world.

It is quite possible, however, that all this had escaped Dr. Still, and that he arrived at his conclusions about stimulating the flow of vital currents through the

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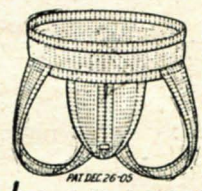

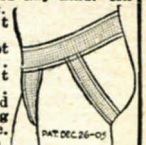

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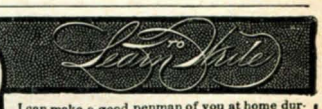

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body by manipulations of bones and muscles quite independently of Ling's pioneer work. Also his theories about the unity of the body as a whole, the oneness of disease in its primary causes, and *the self-curative power* of the body to right itself and free itself from abnormal encumbrances—all taken bodily from the Nature Cure philosophy expounded fifty years before Still's day—may have come to him in one of the "clairvoyant and clairaudient visions"with which he claims in his "autobiography" to have been visited from time to time.

It is worthy of note that it is usually persons of limited education and narrow view—or of peculiar psychic development—who are most insistent on the right of original discovery in any field of knowledge or thought; whereas those who have read most widely and gleaned most carefully, who think most soberly and see most clearly, know that *ideas* are the common property of the race; that all the vital truth which is in the world today, has been here from the beginning; and the most that any newcomer can hope to do, is to catch the light on it from a different angle. We received it upon pretty high authority several thousand years ago that "there is nothing new under the sun," and students of classic lore are familiar with the fact that most of the "new thought" of moderns is only a revamping of some ancient bit of philosophy.

It is nothing against the truth or efficacy of Osteopathy or Chiropractic—insofar as either is in accord with natural law, and to that extent efficacious—that the protagonists of both systems were men of limited education and culture; that both sprang from the soil, spent most of their lives in close association with unlettered, simple folk; and drew their inspiration from direct contemplation of nature—human and otherwise—rather than from the schools. This doubtless made for independence of thought in both cases, and explains their departure from the beaten paths marked out in the schools; but it also explains their ignorance of the fact that the paths they chose to follow had been previously explored by others; and the trails they fondly imagined themselves blazing for the first time, had been pursued to their logical conclusion by the exponents of Nature Cure, who had then gone forward into the fields of dietetics and practical psychology in their relation to bio-chemistry, into which domain both osteopaths and chiropractors have yet to come.

The underlying principle of both these schools of manipulative healing, namely, that free circulation of vital fluids—blood and lymph, and unimpeded nerve currents to every part of the body, are essential to normal metabolism and healthy tissues, is absolutely sound, and in accord with all known laws of Natural Therapeutics. Where both osteopaths and chiropractors stop short of the whole truth, is in supposing that *mechanical*

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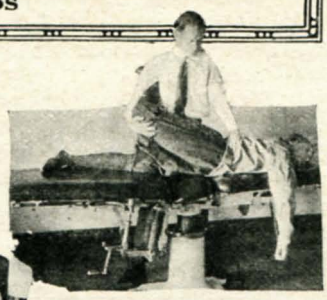

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obstruction is the only hindrance to the free play of blood and nerve supply; and in their failure to recognize the part played by faulty diet, both mental and physical, in producing definite chemical changes in the blood, and a vitiated blood stream in turn not only affects deleteriously the nervous apparatus but renders ineffective all the internal secretions of the body.

Granted that a mechanical obstruction, or any impingement upon blood vessels or nerve ganglia resulting from bone dislocation, stiff muscle, or a sub-luxated vertebra, called in the manipulative vernacular an "osteopathic, or chiropractic lesion," will cause destructive chemical changes in the blood and consequent structural derangement; granted also that when these destructive changes are wrought by other causes than a straight osteopathic, or chiropractic lesion, they may be largely offset and corrected by skillful manipulation; there still remains a residue of therapeutic truth, that any person suffering from such disturbances—from whatever cause, will stand a better chance of recovery if under the care of a practitioner who combines with his manipulative skill a scientific knowledge of food values and of psycho-therapy. Ling, the father of the manipulative cults, evinced wonderful understanding of this in saying—while stressing the fundamental importance of anatomy and physiology—"but we ought not to consider the organs of the body as the lifeless forms of a mechanical mass, but as the living, active instruments of the soul." He also insisted that "the human system is *a unit, complete and indivisible,*" and that perfect health can be maintained only by bringing every part into harmonious relation with every other part.

In their inception, the main distinction between osteopathic and chiropractic theory and practice, was in the varying emphasis placed upon the blood and the nervous system, which difference was reflected in their varying technique. The founder of Osteopathy in the beginning concerned himself chiefly with bones, studying them singly and constructively, in animals and humans, even exhuming them from the Indian graves of his Western frontier country to enlarge his collection and carry out his experiments. His habit of carrying about a bag of bones caused him to be nick-named "the Bone Doctor" in the small Kansas town where he settled down to the practice of medicine after the Civil War, during which he had served as an army surgeon on the Union side. He gives in his autobiography, a device to which he resorted to familiarize himself with the bones of the human structure: Spreading them all out on a table in front of him, he would blindfold himself, and picking up each one and feeling it carefully, would identify it by name and assign it its proper place in the skeleton.

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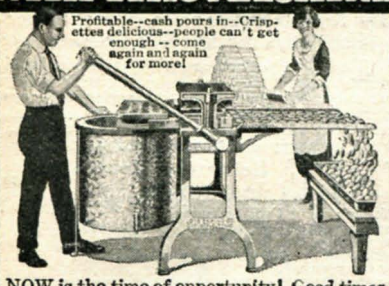

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as the name he chose for his new therapy might imply; but in furtherance of his theory that a proper adjustment and perfect alignment of the bony structure, permitting the free circulation of *arterial blood* to every organ and cell, would insure absolute health in the body; and any bodily disturbance or disease would indicate a misalignment or displacement, calling for readjustment by hand. To the farm man who came in with a backache, to ask if osteopathy could cure it without porous plasters, blisters, and resin pills, Dr. Still replied: "Perhaps the wheels of your back are cramped, just as your wagon cramps if you make a short turn. Sit down and I will straighten the coupling-pole of your back." And it was done. The First Osteopath was accredited with some mechanical skill, and certain crude mechanical inventions pertaining to farm work—reaping and churning—were attributed to him. The animating motive of his curative art was, therefore, based on the study of *man as a machine;* and using the arms, legs, trunk, and spine as levers, and the joints and sockets as fulcrums, he developed his system of body mechanics to which he gave the somewhat misleading name—osteopathy.

Whether there is any originality in osteopathic manipulation or not; anything in their stretching, pulling, kneading, pounding, and rotation, of bones and muscles, essentially different from what is contained in the nearly one hundred movements of Ling's system, is of no special interest to the ailing public—however vital to the egoistic vanity or pecuniary interests of osteopathic practitioners seeking a royal patent on their art. Osteopathy's claim to meritorious recognition rests primarily on the fact that it offered a pleasing alternative to the barbarities of medical practice a half century ago. The abandonment of drugs alone was a long forward stride in the promotion of public health, even had the osteopaths done nothing more; and there is no disputing the fact that they did much more, that their manipulations brought healing where medical art had failed; and there is no more eloquent testimony to this than the savage opposition they encountered from the ranks of the "regulars." Every once and awhile, the medical profession gets temporarily jolted out of its age-long obsession that the only thing the patient requires of *them* is to *name* his malady, and have his death-certificate properly signed by a "regular;" and osteopathy gave them one of these jolts. Hence its followers were persecuted in the courts and hounded in every state legislature, even as herbalists, homeopaths, and eclectics had been hounded before them. As usual the new cult thrived on persecution, and growing daily in popular favor soon became strong enough to defy its persecutors, building its own colleges, sanitariums, and hospitals, now numbering eighteen magnificent buildings in the chief cities of the country at widely dis-

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tributed points. Every dog has his day.

Then the Regular School seeing that they could not stamp out this lusty therapeutic rival by force, began to devise ways of absorbing it, as is their wont. The medical lion has always shown a willingness to lie down with any therapeutic lamb which was willing to *lie inside* the medical lion! If the osteopaths would only agree to take the examinations offered by the State Medical Boards, the medicos would withdraw their opposition to universal osteopathic licensure; and the osteopaths being human and as greedy for money and power as any one consented to the arrangement and compounded with their former foes. Indeed, they are evincing an unfortunate tendency to conform more and more to the regular pattern, and have embraced the worst things in the medical technique—destructive surgery, serum therapy, and the pathogenic germ theory, which supplies the excuse for the serum and vaccine therapies.

Osteopaths were practically driven into the arms of the germ theory by their inability to find bone displacement or other "osteopathic lesions"—although the term had been stretched to cover almost any old thing an osteopath found wrong—to account for all disorders arising within the body. Dr. Henry Stanhope Bunting, editor of "The Osteopathic Physician," writing in "Physical Culture" for November 1919 on the success of osteopathic treatment in the flu-pneumonia epidemic, says: "So long as critics foolishly supposed that these mechanical defects in the human machine always had to precede infectious diseases in order to make good the osteopathic philosophy, it was a stumbling-block to its acceptance; since persons with, and without, all conditions of back-bone tissues, came down sick in multitudes during epidemics; and man's common sense, *guided by the gradual growth of the germ theory of pathology*, told him there were other factors involved besides spinal tissue lesions."

Not to be behind the "regulars" in resourceful expedients for combatting and exterminating these ubiquitous and iniquitous microbes, Dr. Bunting claims for his technique the power of "stimulating the body to form its own natural *antibodies* rapidly enough to neutralize the poisons of invading germs;" and he then takes a valiant flyer at the "phagocytes," affirming: "in the same way it is demonstrated that osteopathy promotes *phagocytosis* in the body, while all drugs hinder it." Dr. Bunting is a bit late in coming to the exploded theory of "phagocytosis." It received its death-blow in Paris more than 50 years ago from the great French scientist, Antoine Bèchamp; when revived in this country, it was given another stunning whack by Dr. Thomas Powell of Los Angeles; and was finally laid to rest by Sir Almroth Wright's discovery that a correct reading of the "opsonic index" was an absolute pre-

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Beauty Secrets revealed on page 81

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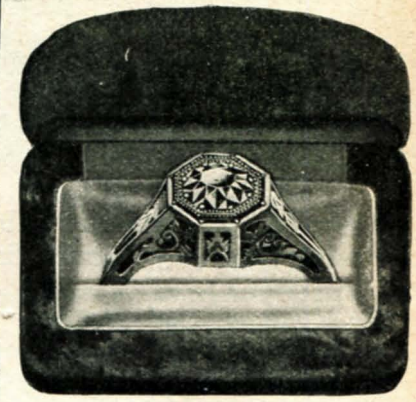
requisite for its practicable use, and the "opsonic index" is a closed book to the average private practitioner, expensive apparatus and well-equipped laboratories being needed to find it. Naturally the doctors, regular and osteopathic, are loath to surrender the doctrine of "phagocytosis." It has such a nice reverberating sound, and the average person, who doesn't know a phagocyte from a bean pole, is tremendously impressed by it. Then too, since the popular fancy had been whipped into a frenzy by the visions of swarming, death-dealing germs above, below, around, and inside of us, it was comforting to feel that something, anything—even a phagocyte—was on the job of defending us from their ravages!

The osteopaths are also vying with the "regulars" in extending the curricula of their colleges; and much of their literature now carries comparative tables giving the average number of hours devoted to a long list of subjects, many of them fanciful and worse than useless. One can but marvel at the peculiar trait in human nature which appears to delight in advertising its own stupidity. If any candidate for an osteopathic or regular medical degree needs four years to master any of those subjects, the only thing that seems to apply is the apology made by the old Southern mountaineer for his half-witted son: *"He aint quick, stranger!"*

Just as the osteopaths and the "regulars" had amicably adjusted their differences, "met and kissed each other" under the shadow of the State Examining Board, so to speak, lo! a new aspirant to therapeutic honors arose on our ken, exemplifying in disconcerting fashion "Uncle Remus's" philosophy: "Hit's des like I tell yer, honey. Dey aint no smart man but whut dey's a smarter!"

The "smarter man" in this case, who is so disturbing both to osteopathic and medical complacency, is the chiropractor, who was first heard of in Davenport, Iowa, twenty-seven years ago, and became known to the average citizen much later; yet in half the time, chiropractic has doubled and trebled the growth of osteopathy, numbering at present over fifteen thousand practitioners, nearly one hundred schools, and numberless papers and periodicals. Whether it is one of those quick growths which presage quick decay, only time can determine; but these are the facts, and neither the concerted systematized bombardment from the camp of the "regulars," nor the "stop thief" expletives from their osteopathic brethren, seem able to stay its progress. It makes no effort to conciliate the "regulars", and has effected no compromises with them as yet. It rejects their beloved "germ theory," laughs at their "ethics," and frankly announcing to a sick world in a practical age that it can "deliver the goods," just as frankly demands the price.

To those persons who naively suppose that any of the wrangling between therapeutic sects is based on scientific differ-



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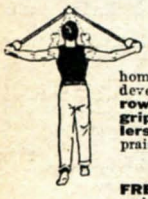

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ences, this appears to put chiropractic on a more sordid plane than the others, but this is not so. The first thing to understand, is, that the controversy is *not scientific*, but *economic;* with a good deal of evidence on the side of the proposition that those who consult The Chiropractor will more likely "get their money's worth" than from his denunciatory rivals.

Since the triumphant coming of Chiropractic, the air has been thick with osteopathic pamphlets dealing with "chiropractic kleptomania," "counterfeits and imitators of Osteopathy," etc. Without attempting to decide which has borrowed most from the other, Chiropractic or Osteopathy—while privately holding the view there has been some borrowing on both sides—it is but fair to state that, *in the matter of technique*, Chiropractic is more original and unique than Osteopathy, at the same time making less pretentious claims to originality. Its first promulgator, D. D. Palmer, originally a magnetic healer, says in the preface to his book: "The basic principles of Chiropractic are not new; they are as old as the vertebrata. I have repeatedly stated and now most emphatically repeat, that I am not the first person to replace subluxated vertebrae, for this art has been practiced for thousands of years. I do claim, however, to be *the first to use the spinous and transverse processes as levers* wherewith to rack subluxated vertebrae into normal position, etc."

In placing the first emphasis on nerve force, rather than arterial circulation, Chiropractic is undoubtedly stressing the more important factor, and is to that extent more "scientific"—though I use the term guardedly—than Osteopathy. Both these cults display ignorance and indifference to a chemically balanced dietary; and both oppose the law of "healing crises" of Naturopathy, each believing they must "abort the fever, or inflammation" before it has run its course. But after all is said, a calm review and a judicial verdict gives the palm to Chiropractic as being in more harmonious alignment with Nature.

I've Kept My Girlhood

(*Continued from page* 41)

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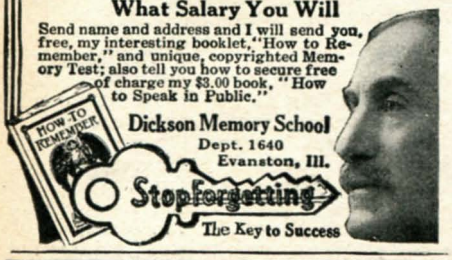

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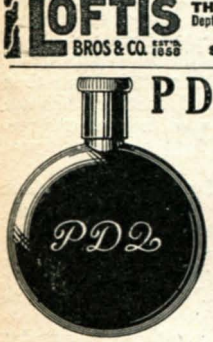

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What Would You Do in This Case?

(*Continued from page* 60)

of this correspondent it is refreshing to read letters from young women sensible enough to talk things over with their prospective husbands and upon finding out that they were opposed to children to tell them "where they got off."

This Girl Met Two of These Lizards

To the Editor:

I am going to give you my experience with a couple or more of so-called gentlemen.

Number one: Rather nice looking, always pleasant. But he was: you must be mine and mine only, but let me be yours and everybody's.

Now, I am fond of children, so alas the subject came up. "Horrors! a kid," as he termed it—to tie him down. Nothing doing! They were a nuisance. Oh yes, of course he was a baby once, but oh, you know things were different in those days.

Imagine my grief when I heard this, for I was fond of him and I could never live a childless life. So our ways parted. I grieved about him day and night. Then I woke up to queer thoughts and feelings. Why should I, a motherly and home-loving girl tie myself to a man of a very different opinion? To this day I do not understand how we ever got along.

Then experience number two presented itself.

A very nice and pleasant companion. Very clean and neat at all times. This time things happened in a very strange way. We were very much devoted to one another, but alas. One Sunday upon preparing to go for a walk some company arrived and along with them a little boy of four years of age. I was overjoyed when he arrived. As we had the car at our disposal I quickly suggested a ride instead of a walk, so that we could take Buddy along. I did not notice a change of attitude in him until we were very much on our way. Then it struck me: Why so quiet? Was he tired or ill? No! was all the answer. When Buddy fell asleep he spoke, and here are his words: "Kids are all right until you want to go out, then they are a nuisance to me. By George, I will never have any if I have my way. Will *we* honey?" Oh, I was heart sick. Another to say the same thing! What is the present generation coming to anyway! Are dear, sweet innocent little children to be termed nuisances? Were we not once children ourselves? It takes a little babe to tie the cords a little closer in our united lives. A home without a child would not be home to me.

I am sure that these passions girls and fellows get into are the cause of a good percentage of unhappy marriages. I do not believe in all this slobbering all over each other. It is not affection but just a thing that lasts only for that time and when we step across the line we should be more positive of ourselves.

I thought I could never forget but I have, and I have turned now against men in general. Now I do not mean to say I don't bother with them, for I go to shows and dances, but I always come back with that longing for someone to do alone for, and him the same for me. I am one man for one woman and vice versa, and a little one to love together and look forward to.

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To the Editor:

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And thus many step into marriage blind-folded! Many now living in married misery could change it into daily happiness. But at last there is a means of learning things you long to know, whether you are a man or a woman, married or unmarried. For today there steps forward an authority on these subjects—a man who realizes that his help is needed today in matters appertaining to marriage just as a lawyer is needed in legal matters or a doctor in medical affairs. And in the form of an interesting little book, "Secrets in Marriage," Ray C. Beery, A. B., A. M., now offers the help and guidance you have always wanted.

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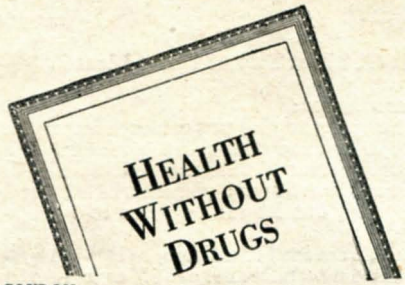

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Beauty Secrets revealed on page 81

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gether wonderful prospects. I, figuratively speaking, worshipped the ground he walked on, and every one anticipated for us an ideal married life.

As the appointed day for the wedding drew near, we naturally happened to discuss certain subjects which it is really necessary that two persons about to be joined in the bonds of matrimony should discuss. And I want to say right here that if more false modesty were laid aside at this time and the little details that are so often "taken for granted" talked over, fewer love affairs would be carried to the altar.

We talked over our honeymoon; yes, we could afford to be just a little extravagant—it only came once in a lifetime! We both agreed on that. In fact, we had very nearly the same views on every subject until—

Before I go any further, I will have to admit that, all my life, or as far back as I can remember, I had always dreamed, as all normal girls do, of having little ones that I could call my own.

My athletic training had given me a strong and perfect body—a body such as God and nature would choose as the "home" and protection of a new little being.

I wanted a strong baby. Whether boy or girl he or she would have a sturdy, perfect little body. If a boy, he would have firm muscles that only proper exercise can assure, and, if a girl, she would be thoroughly trained in both physical culture and dancing, for dancing brings natural grace and beauty.

I confided to my sweetheart the wonderful future I had planned for our "dream baby" and what was my surprise but to find that, not only was he without enthusiasm at such an idea, but was strongly opposed to it.

No child of his would ever *see,* much less be *taught* any such *immoral* thing as dancing. And, as for physical culture—well, it was not to be thought of, that was all!

Why? I could not find out. In fact I do not know to this day! Pure narrow-mindedness is the only word that I think might have been applied.

To continue my story, I went to bed that night, after I had tried in vain to make my lover see things in a different light—my fondest hopes crushed, and a strange doubt in my heart. Would married life really be worth while to me without my little "physical culture children?" I could not sleep—I did not try to; and when morning dawned I had answered that question.

That was four years ago. I have never had a desire to marry since, but am still living my physical culture life and it is my greatest comfort. I guess I have never really loved since that time, four years ago, but I often wonder—did I *really* love then? If it had been true love, would that love have conquered all else? Would it have been greater than my disappointment and triumphed in the end?

Another girl is in the cosy little home that might have been mine and another's lips are pressed against those I used to love, and yet—I cannot say I am not happy, because I am, decidedly so.

I am strong and well, for which I thank God—and physical culture. My dream of a perfect baby has never left me, and unless fate wills it that some day I may meet a man who, like myself, is in favor of the "only life," no doubt my "dream child" will exist only in spirit.

Just once in a while my thoughts wander back to my old love and "what might have been" and I think for a moment that I might have done differently. Then—that little vision is before me again—a tiny baby, perfect in every detail, and—I have no regrets.

I may never marry, but if I do, my body will be in as good condition, if not better, as it was four years ago, to mold and protect that little new being, until it is ready to come into this big world of ours and start the physical culture life; and even though, at times I may get blue, I cannot help thinking, even now, that after all I did—right.

G. B.

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Evicting Gall Stones Without the Knife

(*Continued from page* 49)

in the water. The heavier fluid, the blood, is separated from the lighter, the water, by an animal membrane—the skin—and the blood is drained from the vessels and cellular elements of the hands into the water.

By the osmotic treatment, congestive and inflammatory changes become corrected or benign. In the absence of blood and fluids, the bacteria in ulcerated conditions become inactive, and may even die.

In all my experience, I have never seen a case of ulcer above the large bowels, (not barring the ulceration of Peyer's Glands in typhoid fever), that was not rendered practically benign, through osmosis. And the results are almost immediate.

Here is a typical case and its method of treatment in detail: On February 18th, 1917, Spencer Wicks consulted me for an intense gastric condition that had been variously diagnosed as appendicitis, acute intestinal catarrh, hyper-acidity, etc. The point of intense tenderness was located in the pylorus, radiating to the left shoulder. Decomposed blood was found in the stool, while lavage of the stomach showed approximately three ounces of fresh blood, and some blood of coffee-grounds appearance. The rugged outline of the ulcer could be easily felt. There was considerable free hydrochloric acid in the test meal.

The treatment consisted of thorough lavage with a bland salt solution, and complete contraction of the stomach to between the fifth and seventh ribs. A glass of water every hour was the only diet. For 72 hours this regular water-drinking was kept up during waking hours. Further, he was not permitted to sleep more than three hours without water.

Within a half hour after treatment, this patient began to experience relief from pain and distention.

This osmotic treatment continued for five days, after which the patient was discharged as cured. It is interesting to note that, even after a lapse of five years, there has never been any return of the condition.

With the contraction of the stomach to normal dimensions, the pylorus is obliterated, and we have practically no retardation of the water into the duodenum. So that, with a contracted stomach, it is only a matter of a few moments to obtain active osmosis in the duodenum.

Duodenal ulcer is benefited, additionally, by the antiseptic action of the bile, which of course, cannot be expected in stomach ulcers. This latter fact is of immense importance. For a daily evacuation of the gall bladder in typhoid fever

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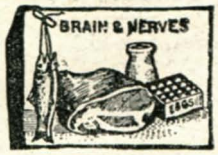

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will go a long way toward promoting abortion of the typhoid fever.

In cases of intense activity, with pronounced hemorrhage and marked emaciation, I sometimes supplement the osmosis of the stomach and intestines by osmosis of the skin. This, on the theory that the greater the local anemia, the more rapid the destruction of the infection.

In bed cases, under these conditions, the cold wet pack should he spread over the chest and abdomen, and changed hourly. This will prove a material adjunct to the local osmosis in the digestive canal.

Even in cases of marked emaciation, food is far less important than rest. For it is during the period of rest that the greatest amount of reconstructive activity is developed.

Under the osmotic action of water, all symptoms of irritation will be relieved. Even the brain itself will be soothed and tranquilized by the draining action of the osmotic treatment.

During the early stages of treatment for any ulcerative condition, the question of feeding is of minor importance. Indeed, a complete fast for a couple of days is a great advantage.

After forty-eight hours of osmotic immersion diluted milk may be given in small amounts. The diets can be increased rapidly from this time on, with little or no apprehension of any unfavorable reaction.

In patients who are plethoric, or even fairly well nourished, a seventy-two hour fast is always advisable, to begin treatment.

Where the induration (the roughened ulcer surfaces) are very pronounced, or are of long standing, osmotic treatment should be given every second day, and continued for several weeks.

Another frequent cause for major surgery of the abdomen is a crop of gall stones. The pain of true gall stone colic, produced usually by the passage of a gall stone through the gall duct into the intestine, is one of the most excrutiating experiences to which a suffering human can be subjected. No one who has ever had this experience is likely to forget it in a hurry.

Yet, practically five per cent of all people in the United States have, to a greater or lesser degree, some defect in the biliary secretions. Fortunately, the greater majority of us go through life in ignorance of these defects. For, not until the duct that runs from the gall bladder into the upper duodenum is blocked or irritated by these concretions do we suffer any distress from them.

When the stones finally reach the intestines, even when they are of exceptional size, their action is comparatively benign, and they ultimately pass away in the stool.

Right here, I wish to emphasize one fact that permits of no dispute, either from the standpoint of anatomy, or the

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standpoint of logic. It is this: any stone that can get into the biliary duct is not too big to be forced out of the same duct.

Bear in mind the additional fact that if a stone can get into the duct by the mild expressive contraction and force of the gall bladder, it certainly can go through that duct when sufficient additional force is put behind it.

Nature has been very considerate in the development of many of her structures and processes.

Behind the stone is the gall bladder, more or less filled with fluid bile, and below and behind the gall bladder are semi-fluid tissues, capable of exerting additional hydraulic pressure.

We can dilate the bile duct just as the canal in child birth is dilated, with practical obliteration of said canal through the hydraulic pressure of the fluids within the membranes.

Under proper manipulation, I have repeatedly heard and felt the popping of the stone into the intestines, which showed in the stool to be approximately the dimensions of a large kernel of corn. This proved that the stone had, with the mild pressure of a contracting gall bladder, been forced through the duct to a point quite near the intestinal opening.

The muscular coat of the bile duct offers but little resistance to dilatation. However, the muscular tissue of the pylorus offers practically unsurmountable resistance when in intense spasm. Therefore, it is imperative in removal of the gall stones that the pylorus be obliterated. With the stomach fully contracted to between the fifth and seventh ribs, the pylorus is not evident, and expression of stones of quite large dimensions is a comparatively simple procedure.

It should naturally be borne in mind that there must be no direct pressure upon the stones or the gall bladder, because of the danger of injuring the bladder or the duct. The pressure must be indirect, with the purpose of obtaining general hydraulic pressure within the gall bladder itself, and of putting the bladder under the greatest pressure.

Hydraulic pressure will always be exerted in the direction of least resistance. The muscular coats of the gall bladder are much more resistant than those of the duct. Therefore, the duct will dilate in preference to the bladder.

Here is the technique for removing impacted gall stones:

After flexing the knees, with the patient in the prone position, I begin at the lowest possible part of the abdomen. Standing to the right side of the patient, I gather up with my right hand all the gut and omentum the hand can grasp. With my left hand I gather the contents, and press them from the left side of the abdomen to the right, forcing the tissues laterally, using a pressure of from seventy to one hundred pounds.

Gradually I force both hands upward, carrying before me all the abdominal

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You cannot realize the benefits derived from the machine except you try it. One treatment will convince you of its extraordinary qualities. If you are suffering from **paralysis, locomotor ataxia,** vertigo, **apoplexy,** neuritis, rheumatism, lumbago, gout, hardening of the arteries or high blood pressure, be sure to investigate this machine. For it wards off and overcomes such ailments. Takes the place of exercise and hand manipulation. Gives your muscles firm elasticity. Be neither fat nor thin.

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Do you realize what this machine means to one wanting in vital strength, or suffering from general weakness, nervous debility, insomnia, constipation, headaches or pains through the back and limbs? It is the only treatment for **prostatic gland trouble** or **varicose veins.**

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contents I can, and going as deeply into the abdomen as possible.

As I approach the gall-bladder my hand will overlap, with the right thumb reinforced with the left thumb. Then I exert the pressure upon the gall bladder. Five minutes of this manipulation will exhaust both the manipulator and the patient, and rest is advisable.

If, after three or four attempts, the gurgling of the bile into the intestines following the expression of the stone or stones, is not secured, I look for further contraction of the stomach. Expression of the stones is sometimes difficult. But perseverance will be rewarded, and the physician will soon look upon gall stone infection as a simple condition, readily correctable. When, after persistent effort this method fails, there has, in all probability, been a mistaken diagnosis, and instead of gall stones, we may have to deal with a case of cancer of the pylorus.

The point I desire to emphasize, however, in connection with the life and death matter of major surgical treatment, is that surgery is perhaps the least effective method of dealing with many conditions now deemed purely surgical.

There are, as I have tried to make clear, other methods of correcting these conditions, which carry with them none of the dangers of a laparotamy, or possibility of death from shock, hemorrhag or the anesthetic, none of the lingering weeks or months of convalescence, and the years of subsequent discomfort from adhesions or the painful contraction of scar tissue.

These methods are purely natural, fraught with no possibility of danger, and carry with them no insidious menace to life and the future normal functioning of the tissues.

That $10,000 A Year Pain

(*Continued from page* 51)

the Pain was still with me, enough at least so I could feel it in the morning when I first awoke for a few moments. I thought it was time to experiment. I ordered a steak for luncheon and another steak for a late dinner. The next morning I crawled out of bed and hunted up my baking soda. A week later I did it again, with the same result. Meat, then, especially fried meat, was my arch enemy. But why did the Pain persist after I had abandoned flesh altogether?

All my organs were in excellent condition.

Then why the much advertised and freely cursed pain in the back?

I knew an eccentric doctor and chemist who had conducted laboratory tests on insanity in one of the world's largest hospitals. One day while talking to him he dropped a bit of information that shocked me into a questioning mood.

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Every real man wants the clear, rugged, ruddy face of a real he-man; the healthy, clean skin and alert expression that comes from a vigorous life in the open air. All men want it—all women admire it. *You* can *have* it.

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His experiments on hundreds of cases of different forms of insanity had shown him that in the majority of the cases deposits of undigested protein were found somewhere in the region of the lower part of the spine. He explained that when a system was unable to digest, assimilate and carry away protein a peculiar type of toxication resulted, which, under some circumstances, resulted in a form of insanity.

He had proved this to the satisfaction of the hundreds of physicians who had visited his clinics. He had even taken two or three cases of insanity that had just developed and by thoroughly flushing their systems of all food contained and then giving them a measured diet excluding protein had brought them back to normalcy.

I explained my Pain and told him what I had done.

"Would you call that protein poisoning?" I asked.

"Certainly. But you can tell for yourself. Eliminate meat entirely and reduce all other foods rich in protein in your diet and hold to it for ten days. Then see how your pain acts. Just remember that the average diet contains about two or three times as much protein as is required by the body.

"Eat largely of fresh vegetables; avoid dried peas and beans and remember that cheese is rich in protein. I'll introduce you to Dr. Hartfield to-day. He is in charge of dietetics in the hospital and is considered the greatest food specialist in this part of the country.

I saw Dr. Hartfield in his office at the great hospital.

"Yes, indeed," he agreed, "we very, very often find that patients suffering from various pains and aches have bad teeth. And when those teeth are removed and the patients put on the right diet improvement results.

"But in nine cases out of ten those bad teeth are not the cause of the trouble, they are one of the results. Another of the results is the sore back or the rheumatic leg. A condition exists in the body that attacks the teeth as well as the back or whatever other part of the body is suffering.

"Removing the teeth is not the cure. Correct diet is the cure. The dentist is a very useful citizen—but he is overworked. He can pull offending molars and he can patch and repair. He cannot cure teeth. Nor can he cure the troubles that cause bad teeth. If teeth are properly cared for from the inside and then brushed clean, the dentist will not have to repair them.

"That pain in your back was caused by an improper diet, by food decomposing and putrefying in your system. A gas formed that interfered with the action of your organs. In acute indigestion that gas acts upon the heart and stops it.

"Perhaps you wonder why your symptoms so nearly approximated those of your friends who were suffering from rheumatism and also those of people

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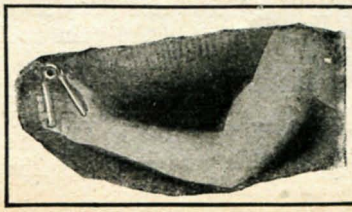

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suffering from sore joints, sore muscles and bones and the like. Why do those symptoms often accompany bad teeth? Your body is a chemical laboratory within which are going on, every minute of the day and night, a thousand chemical actions. These chemical actions are automatic, self-renewing and continuous. They are life. As our foods are broken into their various nutritive qualities and these are consumed or "burned" by the body, acids (some of them deadly poison) are released. A certain portion of these is needed by the body for its various chemical actions; part is stored for future use and part is eliminated as waste. Because some of these acids—sulphuric, for example—are deadly poison, the system must protect itself against them. This it does by drawing from the foods that enter it agents to neutralize and control such acids. Those agents are known as "bases," or alkalines.

"Unless sufficient alkali is present in the system to control these acids they will run amuck and do untold damage. Proteins are acid producers and unless the acids produced by the burning of protein are controlled by alkalines they will develop gas.

"Your diet contained too much protein. What is known as protein poisoning resulted. This same general condition exists with your friends who have suffered from what they called rheumatism."

"But," I asked, "how did that affect their teeth? How did they happen to have bad teeth, too?"

"Well" explained Dr. Hartfield, "let's see. We know that in order for excess acids, and consequently gases, to form in the system there must be eaten a decided surplus of acid producing foods over base forming foods. Hence too much protein spells too little base forming food, or food rich in mineral salts or ash.

"The mineral salts have three distinct functions to perform in the human system. First, they are builders, furnishing the chemicals used in making bones and also supplying necessary elements for the making of blood. Second, they furnish chemicals necessary to the formation of digestive juices and necessary, too, to the various chemical actions of the body. Third, they control and neutralize the acids within the system.

"Mineral salts are held in solution in the fluids of the body, giving to these fluids the power to temper the muscles and nerves, to make them elastic and sensitive. When these fluids are not supplied with sufficient mineral salts they lose their effectiveness, causing the muscles to stiffen and the nerves to numb. Or, if the balance of the various chemicals in these fluids is lost, they may irritate the nerves and cause pain and swelling to the muscles.

"Calcium, one of the mineral salts, is the chemical that hardens the bony structure of our teeth. Good teeth are possible only when a diet rich in calcium is constantly eaten.

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New System of Poultry Keeping
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If you want your hens to make more money for you cut this out and send it with your name and address to Henry Trafford, Suite 262 R, Herald Bldg., Binghamton, N. Y., and a free copy of his 1000 EGG HEN Bulletin will be sent by return mail.

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Beauty Secrets revealed on page 81

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"Hence we find that too much protein means acid and gas in the system, with the pains that accompany that condition. Also it means too little mineral salts, hence irritated nerves—which account for the apparent neuritis resulting from the eating of unbalanced rations.

"The inflammation and swelling of muscles explains how muscular rheumatism gets the credit for harm done by too much protein.

"Too little mineral salts means soft bones and swollen joints. Hence another type of 'rheumatism.'

"Too little mineral salts means too little calcium—hence poor teeth. The whole system being out of tune due to a lack of sufficient salts in the chemical fluids in the body and the thinning of blood due to lack of calcium all combine to help the formation of ulcers on the bad teeth.

These ulcers in turn help poison the system.

"And that," concluded Dr. Hartfield, closing his desk, "is the story of the 'bad teeth and rheumatism complication' in nine cases out of ten. You did not suffer bad teeth in your particular case because your diet has always been heavy with fresh vegetables and with fruits. You supplied your system with plenty of mineral salts, but you overloaded it with so much protein it simply could not handle it. Hence you suffered from local protein poisoning."

This conversation occurred six months ago. I have eaten sparingly of protein since—and the ten thousand dollar Pain has disappeared. But I can bring it back within a few days, by the excessive eating of meat.

I am not a vegetarian. I have meat three times a week, but I eat sparingly of it.

And I eat many times the bulk in vegetables, especially green vegetables and tomatoes, that I do in meat, beans, cheese, fish or other protein food.

As yet I have not won back my ten thousand dollar job—but I'm well on the way to it. My health is better than it has ever been before and such a thing as a sore back is not known in our family any more.

Strange as it may seem, out of every group of say twelve persons you will find at least two who are, or have been, troubled with lame backs or some other pain they cannot understand.

And, stranger yet, the average doctor must wait for decided symptoms that point to abused organs before he can treat these nameless troubles.

I am not a physician, but if your nights are turned into misery and your rising hour to torture cross the foods rich in proteins from your diet for ten days. Live on fresh fruit and bulky, watery, green vegetables and watch the results. Forget the doctor and avoid rich, heavy foods and you will turn up smiling.

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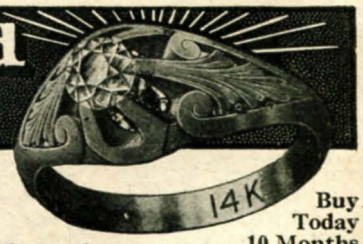

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By PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology, Sexual Science and Nerve Culture

THERE is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first, the victim is afraid he will die, and as it grips him deeper, he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

Nerve Exhaustion means Nerve Bankruptcy. The wonderful organ we term the Nervous System consists of countless millions of cells. These cells are reservoirs which store a mysterious energy we term Nerve Force. The amount stored represents our Nerve Capital. Every organ works with all its might to keep the supply of Nerve Force in these cells at a high level, for Life itself depends more upon Nerve Force than on the food we eat or even the air we breathe.

If we unduly tax the nerves through overwork, worry, excitement, or grief, or if we subject the muscular system to excessive strain, we consume more Nerve Force than the organs produce, and the natural result must be Nerve Exhaustion.

Nerve Exhaustion is not a malady that comes suddenly. It may be years in developing and the decline is accompanied by unmistakable symptoms which, unfortunately, cannot readily be recognized. The average person thinks that when his hands do not tremble and his muscles do not twitch, he cannot possibly be nervous. This is a dangerous assumption, for people with hands as solid as a rock and who appear to be in perfect health may be dangerously near Nerve Collapse.

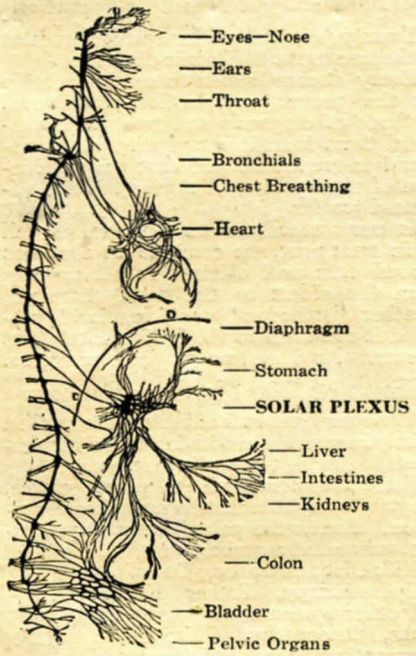
One of the first symptoms of Nerve Exhaustion is the derangement of the Sympathetic Nervous System, the nerve branch which governs the vital organs (see diagram). In other words, the vital organs become sluggish because of insufficient supply of Nerve Energy. This is manifested by a cycle of weaknesses and disturbances in digestion; constipation, poor blood circulation and general muscular lassitude usually being the first to be noticed.

I have for more than thirty years studied the health problem from every angle. My investigations and deductions always brought me back to the immutable truth that Nerve Derangement and Nerve Weakness is the basic cause of nearly every bodily ailment, pain or disorder. I agree with the noted British authority on the nerves, Alfred T. Schofield, M.D., the author of numerous works on the subject, who says: "It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

The great war has taught us how frail the nervous system is and how sensitive it is to strain, especially mental and emotional strain. Shell Shock, it was proved, does not injure the nerve fibres in themselves. The effect is entirely mental. Thousands lost their reason thereby, over 135 cases from New York alone being in asylums for the insane. Many more thousands became nervous wrecks. The strongest men became paralyzed so that they could not stand, eat or even speak. One-third of all the hospital cases were "nerve cases," all due to excessive strain of the Sympathetic Nervous System.

The mile-a-minute life of today, with its worry, hurry, grief and mental tension is exactly the same as Shell Shock, except that the shock is less forcible, but more prolonged, and in the end just as disastrous. Our crowded insane asylums bear witness to the truth of this statement. Nine people out of ten you meet have "frazzled nerves."

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food, and you have pains here and there. You are told you are "run down" and need a rest. Or the doctor may give you a tonic. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.



The Sympathetic Nervous System

Showing how Every Vital Organ is governed by the Nervous System, and how the Solar Plexus, commonly known as the Abdominal brain, is the Great Central Station for the distribution of Nerve Force.

Our Health, Happiness and Success in life demands that we face these facts understandingly. I have written a 64-page book on this subject which teaches how to protect the nerves from everyday Shell Shock. It teaches how to soothe, calm and care for the nerves; how to nourish them through proper breathing and other means. The cost of the book is only 25 cents. Remit in coin or stamps. See address at the bottom of page. If the book does not meet your fullest expectations, your money will be refunded, plus your outlay of postage.

The book, "Nerve Force," solves the problem for you and will enable you to diagnose your troubles understandingly. The facts presented will prove a revelation to you, and the advice given will be of incalculable value to you.

You should send for this book today. It is for you, whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living, for to be dull nerved means to be dull brained, insensible to the higher phases of life—love, moral courage, ambition and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves. The book is especially important to those who have "high strung" nerves and those who must tax their nerves to the limit.

The following are extracts from letters from people who have read the book and were greatly benefited by the teachings set forth therein:

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all the other methods combined."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

The Prevention of Colds

Of the various books, pamphlets and treatises which I have written on the subject of health and efficiency, none has attracted more favorable comment than my sixteen-page booklet entitled, "The Prevention of Colds."

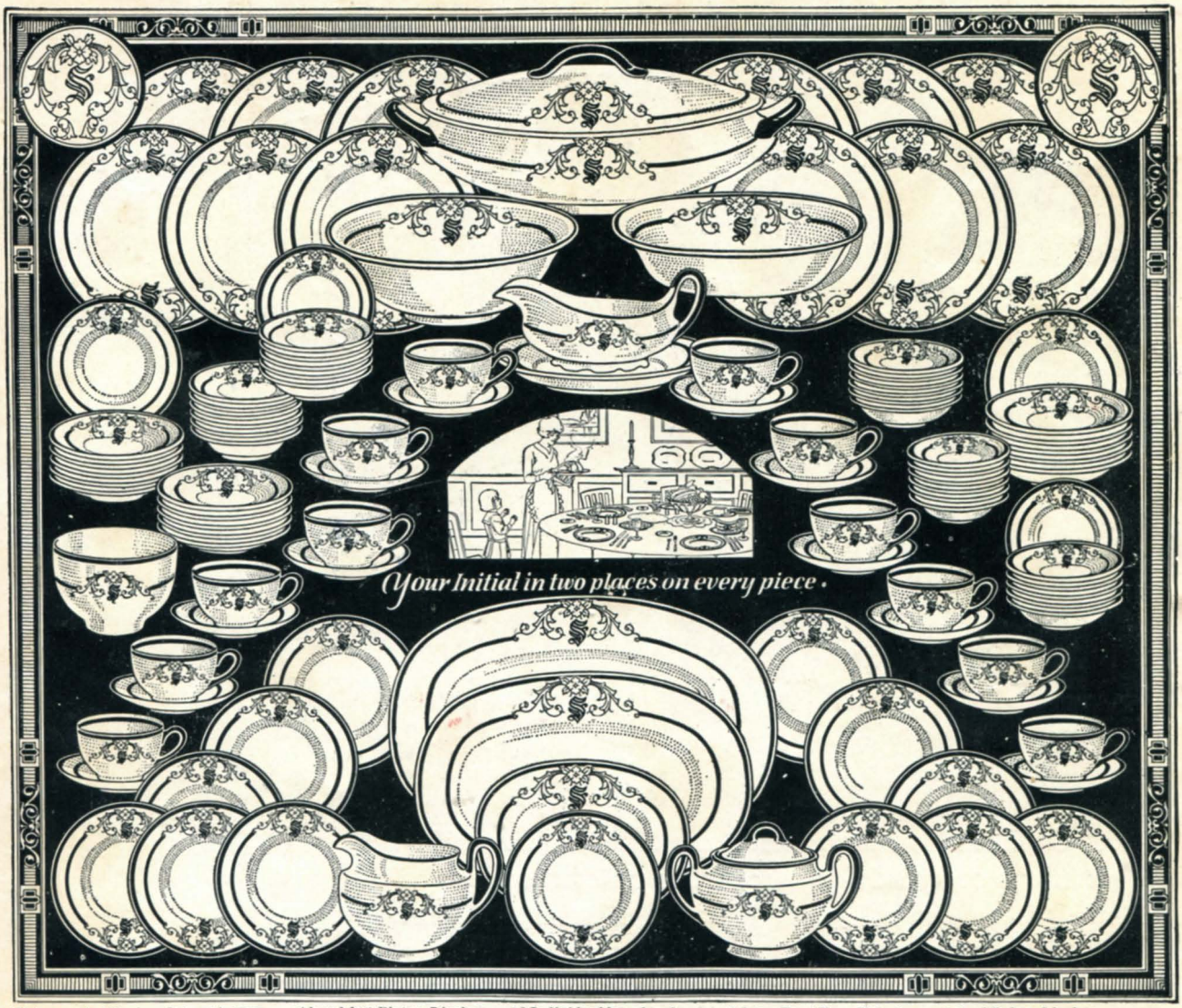
There is no human being absolutely immune to Colds. However, people who breathe correctly and deeply are not easily susceptible to Colds. This is clearly explained in my book NERVE FORCE. Other important factors, nevertheless, play an important part in the prevention of Colds—factors that concern the matter of ventilation, clothing, humidity, temperature, etc. These factors are fully discussed in the booklet Prevention of Colds.

No ailment is of greater danger than an "ordinary cold," as it may lead to Influenza, Grippe, Pneumonia or Tuberculosis. More deaths resulted during the recent "Flu" epidemic than were killed during the entire war, over 6,000,000 people dying in India alone.

A copy of the booklet Prevention of Colds will be sent *Free* upon receipt of 25c with the book Nerve Force. You will agree that this alone is worth many times the price asked for both books. Address:

PAUL von BOECKMANN

Studio 18, 110 West 40th St., New York



This superb 110-piece Set, with your initial in gold, surrounded by a wreath of gold, in 2 places on every piece; decorated in blue and gold with gold covered handles; consists of:
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12 breakfast Plates, 7 inches
12 Soup Plates, 7 ¾ inches
12 Cups
12 Saucers
12 Cereal Dishes, 6 inches
12 Fruit Dishes, 5 ¼ inches
12 Individual bread and Butter Plates, 6 ¼ inches
1 Platter, 13 ½ inches
1 Platter, 11 ¾ inches
1 Celery Dish, 8 ¾ inches
1 Sauce Boat Tray, 7¾ inches
1 Butter Plate, 6 inches
1 Vegetable Dish, 10 ½ inches, with lid (2 pieces)
1 Deep Bowl, 8 ¾ inches
1 Oval Baker, 9 inches
1 Small Deep Bowl, 5 inches
1 Gravy Boat, 7 ¼ inches
1 Creamer
1 Sugar Bowl with cover (2 pieces)

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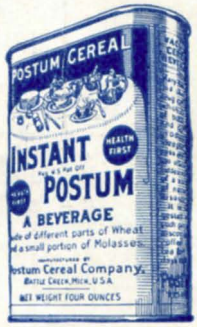

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